G G 39 1
$ 5.75¢

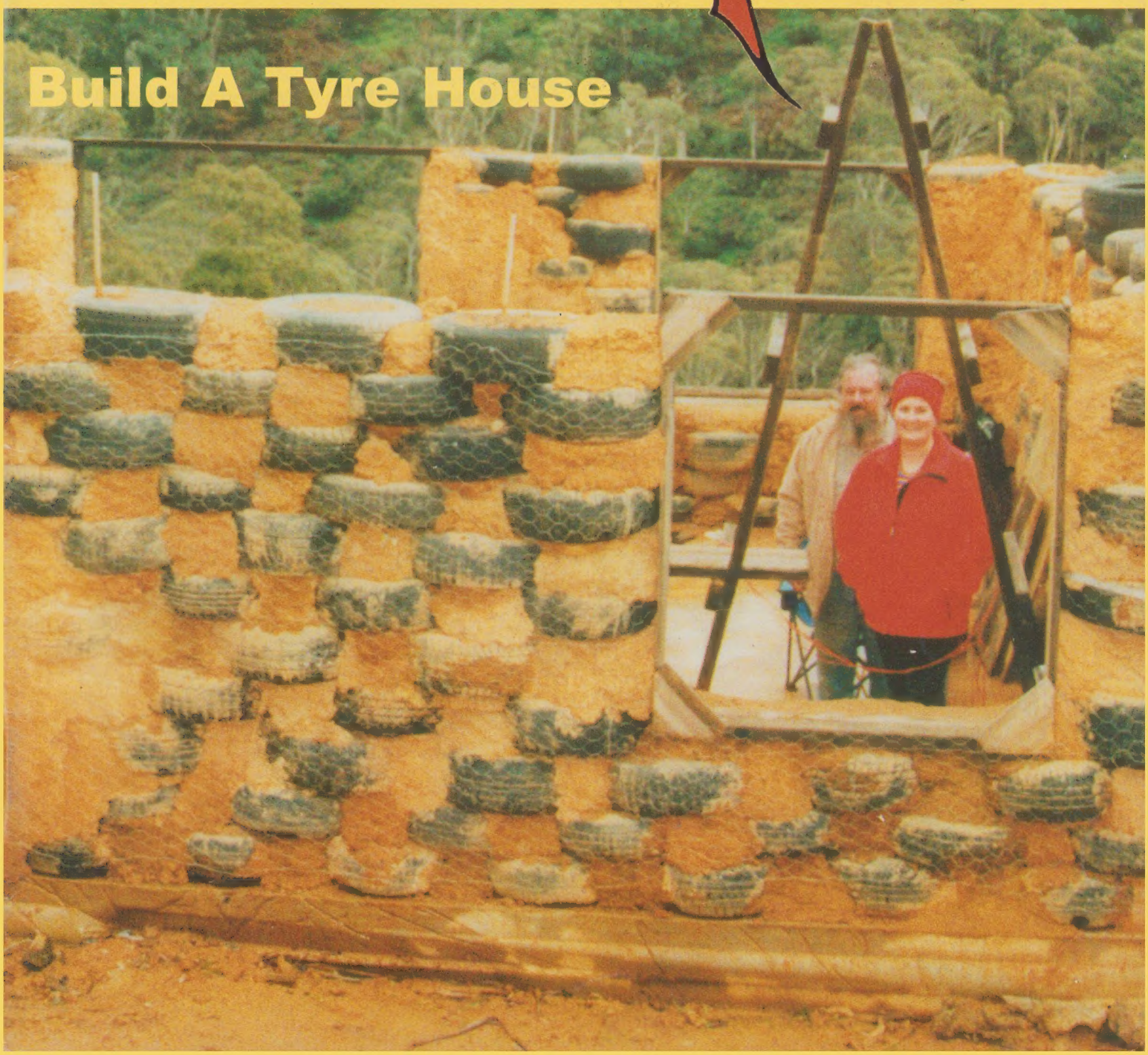
AUSTRALIA'S MOST POPULAR SELF-SUFFICIENCY MAGAZINE

Grass Roots

AUST. **$5.75** incl GST
New Zealand $7.15 incl GST
No. **158.** Aug/Sept 2003
Printed on plantation-grown paper

- Life in Tassie • Healthy Bread
- Stove Reco • Grow Turmeric & Yakon
- Native Grass • Fibreglassing • Simple Soap
- Wagga Quilts • Halter Training • Table Fowls

Build A Tyre House



Pump water with water.

Works in any creek or stream with 0.5m fall.

- Solid stainless steel body for long life.
- One moving part – no maintenance.
- Typical flow 200 litres/hour.
- Tested up to a 30m head over 500m.
- Five years development. Two year guarantee.

For details, phone (02) 9893 7586 fax 9689 3663.

Ask about our introductory discount.
Designed and made in Australia

The Turon Pump, 26 Hunter Street, Parramatta, NSW 2150.

Ring or write for a FREE catalogue:

New Gippsland Seeds & Bulbs Pty Ltd
PO Box 1 (181 Queens Rd), Silvan, Vic 3795
General Enquiries: 03-9737-9560 (8.30am to 4.30pm)
Freecall Orders: 1800-887-732 (8.30am to 4.30pm)
Freefax Orders: 1800-088-077
Email: newgipps@bigpond.com
Website: www.possumpages.com.au/newgipps/index.htm

apples, bananas, cherries, dandelion, endive, figs, herbs, hummus, soyabeans, tea, soap, macadamias, garlic, chillies, lemon grass, pasta, cauliflours, roses, broccoli, peas, rocket, lettuce, bokchoy, avocados, tomatoes, herbal extracts, massage oils, potatoes, carrots, cheese, jams, sauces, eggs, honey and more .....

For ALL
your organic certification needs*

join OHGA
the friendly certifier

PO Box 6171, South Lismore NSW 2480
tel: 02-6622-0100 fax: 02-6622-0900
email: ohga@nrg.com.au
www.organicherbs.org
Cellulose Valley, Southern Cross Uni, East Lismore 2480

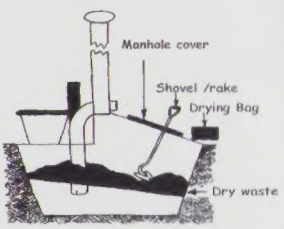
* the small print: no levies charged on your sales

AQIS & JAS accredited

OHGA certified rganic

Simply Enviro Loo

.Totally sealed
. No foul odors with sufficient wind and sun.
. Very Low maintenance
. No water needed.
. Ground Level installations
. Minimal Moving Parts
. Assembled quickly
. No chemicals



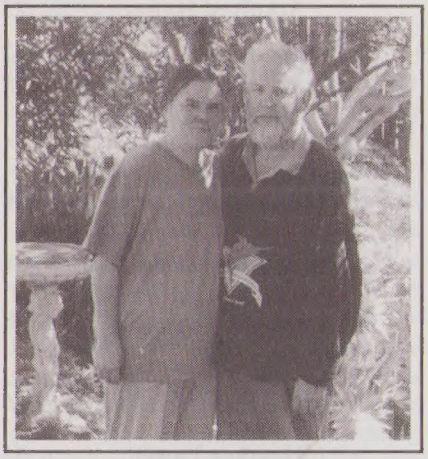
.Backup fan available for domestic applications

It is only the dried waste that requires removal after a few years. A shovel and container is all that is necessary

Enviro Options Aust. P/L
ACN 083 573 540

For Further Information Contact
Sydney Head Office
Tel 02 9456 0172
Fax 02 9456 0173
Agents : Byron Bay 02 6685 4619
Cairns 07 4053 6131
Adelaide 08 8265 7079
www.enviro-options.com.au

Welcome to Grass Roots magazine



A delightful life, page 63.

Train them young, page 57

Paper art, page 29.

PEOPLE

Country Life, A Townie's View — **Julia LeMonde** — **6**
The right piece of paradise

Relaxed Retirement In A Caravan Park — **Bob Rankin** — **25**
A surprisingly enjoyable lifestyle

A Childhood Winter — **Shirley Heale** — **48**
The warmth of memories

Tassie Haven — **Sherrian O'Connor** — **63**
It's definitely worth it

FARMSTOCK

Heritage Sheep Breeds, The Southdown — **Megg Miller** — **21**
A breed with a past, and a future

Top Breeds For The Table — **Megg Miller** — **53**
Raise a quality carcass

Halter-Training Cattle — **Elaine Williams** — **57**
Easily led animals

OWNER BUILDER

Build A House From Tyres — **Suzanne & David Alder** — **11**
Amazing construction method

A Muddy Life — **Ceinwen Alder** — **13**
Dirty for a good purpose

GARDEN

You Little Ripper! — **Robert Millet** — **15**
Easy plant ties

Grow Your Own Turmeric — **Lin Foley** — **18**
Terrific multi-use plant

Yakon, Apple Of The Earth — **Dorothy Creevey** — **27**
Grow a sweet treat

Going Native With Grasses — **Anne Rawson & Russell Millard** — **65**
Low-water lawn

ENVIRONMENT

Bountiful Banksia — **Noel Carr** — **14**
Link in the food chain

CRAFT

What's A Wagga? — **Glenda Smith** — **9**
Crafty old-time quilt

Fleece Tips — **26**
Wonderful wool

Paper Making By Hand — **Sue Southwood** — **29**
Using plant fibres

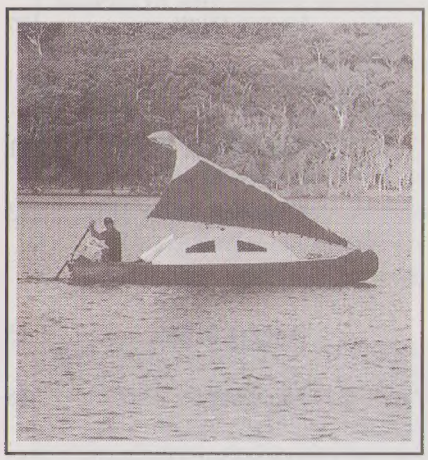
ON THE LAND

Burning Stone — **Anthony Duncan** — **16**
Bonza bush lore

Productive Pigeon Peas — **Lin Foley** — **47**
Drought-resistant food plant

Tropical Green Manure Crops — **Jane Lawrance** — **69**
Home-grown mulch

Solid, meaty birds, page 53.



Smooth as glass, page 33

HEALTH

GR Lifestyle For Health — **Royce Bond** — **19**
Turning life around

Candles, A Burning Health Issue — **Manfred Kaiser** — **23**
Scent on the nose

Garden Bounty – Privet — **Cheryl Beasley** — **32**
Floral soothers

PRACTICAL DIY

Inexpensive Travelling Holidays — **Roberino** — **28**
Clever camping options

A Simple Soap To Make — **Suzanne Wilkinson** — **31**
Most asked-for info

Fibreglassing Is Easy — **Trever J Wilkins** — **33**
Durable construction technique

Repairing Chipped Knife Blades — **Alexander Cranford** — **52**
A sharp edge

A Combustion Stove Saga — **Heather Powell** — **55**
One job leads to another

Homemade Toys And Gifts — **Bronwyn Taylor** — **67**
Perfect pressies for little people

FOOD

Vegetarian Winners — **Theresa Powe** — **51**
Healthy burgers and patties

Wheat-Free Breads — **Fred Bailey** — **61**
Simple no-gluten loaves

REGULARS

Gumnut Gossip — **Megg Miller** — **5**
Livestock Health & Management — **35**
Eco News — **36**
Feedback Link-up Feedback — **37**
Kids Page — **49**
In The Kitchen — **50**
What's On — **62**
Round The Market Place — **71**
Recent Releases — **72**
Down Home on the Farm — **Suni Miller** — **73**
Penpals — **74**
Grassifieds — **75**
Club Directory — **80**
Breeder Listing — **81**

COVER PHOTOS

Front Cover: Suzanne and David Alder are experimenting with a low-cost, environmentally responsible building method using second-hand tyres and earth. Read their inspirational story on page 11. Photo: Kumbayah Studios.

Back Cover: Light Sussex are an ideal poultry breed for meat production. These friendly girls enjoy sociable lives at Collingwood Children's Farm – no chance they'll end up as chook cuisine. Find out about meat breeds on page 53.

Edited by Megg Miller and Mary Horsfall.

Published by Grass Roots Publishing Pty Ltd, Box 117, Seymour 3661. Ph: 03-5792-4000, fax: 03-5792-4222. For classifieds see page 75.

We take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do we accept responsibility for the accuracy of statements made by contributors. Printed by Newsprinters P/L, Melbourne Rd, Shepparton 3630. Ph: 03-5831-2312. ©2003 by Grass Roots. No part of this publication may be reproduced without written permission of the publisher.

GUMNUT GOSSIP

by Megg Miller.

Thank you everyone for your congratulatory wishes on 30 years of publishing *Grass Roots*. We have been surprised and touched by the many kind comments and cards that have arrived, especially those pleading for another 30 years of good reading. Naturally, we celebrated this auspicious occasion and chose the end of the day just as the files were being electronically sent to the printers. 'Pop' went the cork and the fizz flowed. While Sabrina maintained serious concentration discussing last-minute details with Bob, our contact at the printers, we clinked cups and shouted 'bottoms up' and nibbled cheese and bickies. 'What's going on there? It sounds as though you're at a party,' Bob enquired. 'I am, actually,' said Sabrina. 'It's a pity you're not here to join in.' It's a pity too we couldn't squeeze you all in to share the fun and reminiscences, but we would have needed far more than our one bottle of bubbly. We felt you were with us in spirit. The unexpected cards and wishes have made it an exciting couple of months, and when we received the cheery and colourful homemade card from Sandy Kelly, our back cover star last issue, it was an excuse for further fun. Thanks Sandy and thank you one and all for your keen interest in our anniversary and in the wonderful team that helps put GR together.

The festive air is still present because of excitement generated by our editor's rise to fame as a published author. Mary has put her years of dry country gardening to work and produced an informative book on the *Miracle of Mulch*. It's a fantastic achievement and we're all very proud to be working with a mulch maestro. About the same time Mary's book was released, a former GR team member launched her first book too. Marg Tacey was with us back when the office was on the farm and she has put together a special book, *Aussie Indigos*. You can read more about both books in 'Recent Releases'. Well done from us all.

While on the topic of writing, it's time again to ask 'Feedback' contributors to keep letters short. If you want to pen reams, perhaps think about doing a book, but for the letters section in a magazine it's essential that writing is short and concise. We can get the red pen out, but would prefer you to tackle the verbosity and come up with a succinct contribution. This will allow letters to be published more quickly and leave room for others to contribute.

We'd like to think everyone has received rain and is able to think about re-establishing their garden. What about including native grasses? They're hardy and need little water. You'll be thrilled with our article on them and the possibility of growing lawn areas with native species. While you're sourcing grasses and redesigning, don't overlook the value of grazing garden areas with pet sheep, geese or even alpacas. Our 'Breeder Listing' is expanding with each issue, so if you're after a special breed to complement your garden and orchard, take a look at the range of purebred stock that is available.

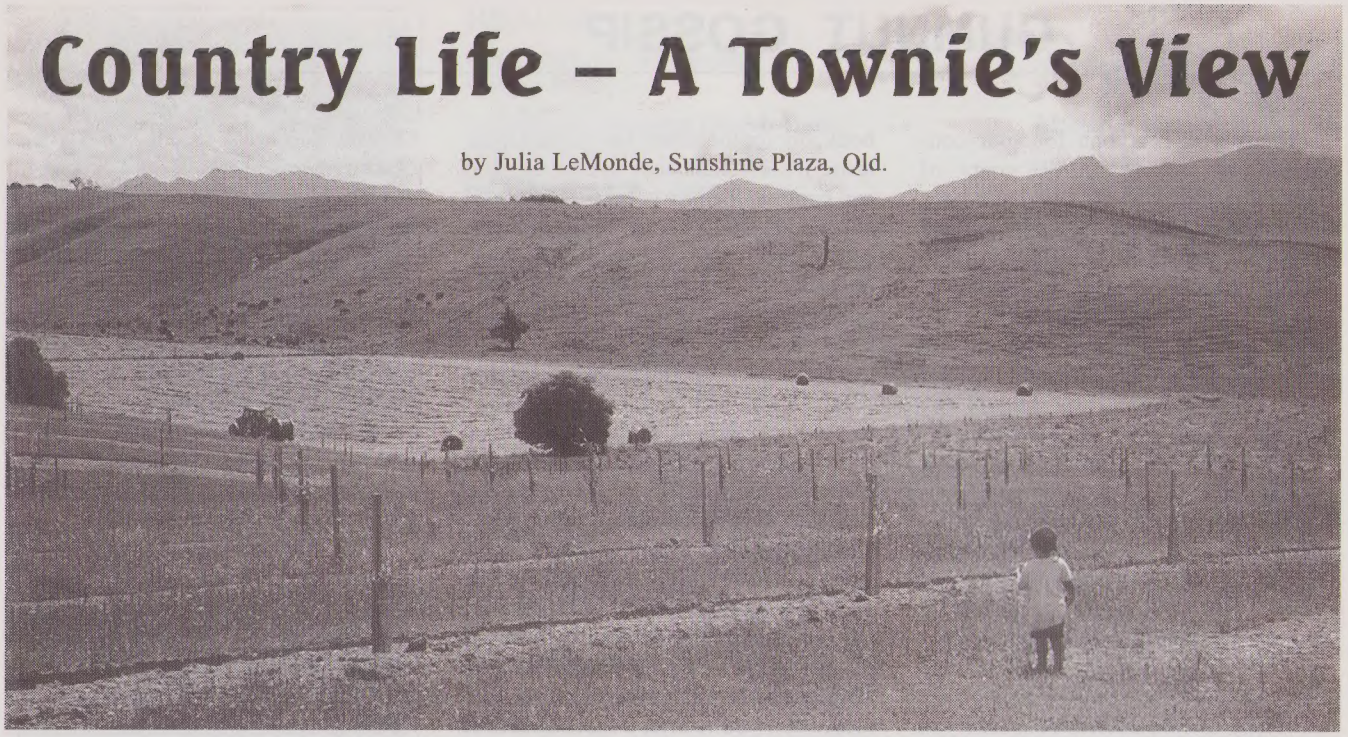
What can you do with old car tyres? If you're a regular reader of GR you'll know there are lots of uses and we shouldn't overlook their value on farms for weighing down protective sheeting over grain storage pits and hay. Judging by our cover photo, recycling skills have taken another step forward – who in their right mind 30 years ago could have believed old tyres would make a successful material for wall construction for sheds and houses? Roberino has contributed many ideas and now David and Suzanne Alder have worked through the difficulties and constraints of using this material and are on their way to completing an interesting, cost-effective construction. If the idea of building with tyres fires the imagination of readers, well, I have a few old ones to contribute and I'm sure there will be other readers keen to donate to the project. Just let us know where to drop them off.

'Are you still doing *Grass Roots*?' people ask and are amazed when I answer yes. Over the years the mag has been read by a lot of people. Some have gone on to a completely different way of life, but all have fond memories of the valuable nature of its contents. 'I like the things it's about, the gardening and animals and DIY. I wouldn't have lasted so long if they weren't an integral part of my life.' People pick up GR for different reasons: to bring their dreams closer, as a reminder of past times, for ideas on saving money, or because it offers a simpler and happier way of living. Regardless of the needs it meets, you're sure to enjoy this issue; we think it's fantastic. Put your feet up, forget your chores and enjoy.

Sandy Kelly's cheery card. Wish you could see the colours – blue, yellow and purple.

Country Life – A Townie's View

by Julia LeMonde, Sunshine Plaza, Qld.



Country life in a remote area is not all fantastic views, tranquillity and bountiful harvests; it includes hard yakka, extreme weather, isolation and, often, confrontation with different social values, as Julia LeMonde discovered. When a lifestyle change doesn't live up to expectations, sometimes the best option is to do as Julia did and move on, incorporate the positive aspects into the next adventure on the road to your own personal paradise, and regard all of life's experiences as 'gifts to learn and grow from'.

As I sit here and convince myself it really did happen, I recall an experience I had a few years ago, when isolation meant a lot more than the absence of a free pizza delivery service. What I thought was a lifestyle only found in history books, a bygone era, was alive and thriving in this rural cluster of people I was to meet and live amongst. I fell in love with a 'cocky'. Until this point I had only been familiar with the sulphur-crested variety. The New Zealander I met at a wedding function on Sydney Harbour was decidedly more attractive. Little did I know that my life was about to take an amazing change in direction. Following months of love letters and phone calls across the Tasman, I suddenly found myself packing up my city life, taking my three-year-old daughter out of her childcare and routine, leaving jobs, lifelong friends and family, to be with my kiwi lover somewhere in New Zealand.

Above: Nelson, NZ, has spectacular views and was a piece of paradise after the chilly small town Julia first moved to.

So, after throwing in an extra cotton number from Katies (How naive could one get . . . this was for the cold!), my daughter and I made the crossing to a region known as the deep south. I really should have known better because, for many Australians, the thought of visiting New Zealand has often been met with the nervous trepidation one might associate with a South Pole expedition!

Once on New Zealand soil, the strictly defined roles of the men and women from these farming backgrounds surprised the stilettos off this nightclubbing solo mum from Sydney. With lovestruck naivety, I had brought my little girl and flown to 8000 sheep and one gorgeous man, to live 700 metres above sea level, in an isolated country town. No wonder I couldn't find the town in the atlas in the Sydney bookshop – it consisted of one pub and a petrol station about to go out of business.

Initially, I was stuck by a number of interesting differences about this new place. The absence of street lights and city glow, for example, led to the discovery that there were thousands more stars in the night sky than previously thought. The other notable difference about night was not only that it was unbelievably dark but extremely quiet. Other awesome sights included scenery that stretched for miles – fancy being able to see what the weather was doing in a nearby locale! This certainly was an adventure and an education. Even the smells were different now. For example, real wood burning instead of an electric heater. Then there

was the smell of hay and sheep and animal droppings. My closest experience of nature until this point had been the annual Sydney Easter Show visit. Those vaguely familiar smells were now actually pervading the atmosphere! Country air also has a smell of expanse quite unlike anything I'd ever experienced. Then there was the feel of real wool against the skin (somewhat scratchy and itchy), not to mention the feel of cold air against the cheeks. Cold nose, toes, fingers, body and the unforgettable experiences of chillblains were to follow.

I thought I could relax once I discovered that sheep couldn't bite and that the unfamiliar white film on the ground was called a frost. Hoarfrosts, gale-force winds and 14-centimetre snowfalls, not to mention living in fog for weeks at a time were next – and that was only my first spring!

For me, some of the most traumatising experiences were the unusual rules the locals lived by. I came across many double standards within this male-dominated society. I struggled daily to understand a society that appeared to work in harmony this way. There was one set of conventions for women and another for men and no crossing over of roles was accepted. Another complete surprise to me was the strict adherence to the older generation's rules, which, by my standards, hovered between old-fashioned and totally outrageous. I clearly wasn't brought up for tightknit communities.

Julia's daughter Krystal frolics among a field of 250 organically grown tomato plants.

The cultural trend was to hero worship rugby players, followed by cricket legends. The women, after producing the required amount of male heirs to the farm, took on details such as looking after their offspring, feeding, bathing, changing them and tucking them into bed, in between baking episodes and sandwich rosters at the men's cricket. Which brings me to cooking. Chutneys, jams, sauces, pickles, and an endless variety of tempting homemade cakes, scones, slices and muffins were the order of the day. These were prepared by the women who, to my amazement, spent long periods in their kitchens every day. It was like daily visits to a cake shop. Coming from a supermarket upbringing, there were always surprises, like the discovery that mayonnaise could be made at home. I honestly did try to assimilate. At first I tried the 'when in Rome, do as the Romans do' approach, until I despised myself. Serving my man solely really was pushing things to the limit. I then tried the 'I'll go my way, you go your way' approach until the rest of the women despised me. By this time I had realised that leading a small revolution was out of the question. Since living like a hermit didn't appeal, I then had to examine my options. I left.

What do I treasure about my four years in a small country town? Apart from the fact that I now know how to make mayonnaise, I have also learnt to cook, bake and preserve, and have even turned out the odd bottle or 10 of homemade sauce and jam. I've been a midwife to ewes in trouble and shifted mobs of sheep with a dog. I've had a stint at dagging sheep (not recommended for the faint-hearted). I've also served on a small school's board of trustees, which led me to the interesting experience of being shunned by most of the community for a period (not recommended for anyone). In a small place where rule number one in a good gossip session was 'never let the truth get in the way of a good story,' I've learnt to overcome chronic anxiety over what others might say about me. But most of all I've learnt about who I am.

And so it was that this townie was able to 'corrupt' her lovable and sensitive man

At 700 metres above sea level, the snowy NZ winters created picture-book scenery, but made life very difficult.

and escape the clutches of a small community. It's been several years now since we discovered a 55-acre piece of paradise at the top of the South Island. We left behind constricting family rules and community traditions, and many strict expectations of how to behave according to one's age, sex and social class.

What I've taken with me though is a love of the country, of being your own boss, planning your own day, and making your own food and existence. In the last few years we have moved a house onto our own land, established a solar-powered system and gravity-fed spring water supply to the house, and farmed organically. While raising our three children, we have established a fruit and nut orchard, an agricultural contracting business, sold organic vegies, pea straw, potatoes, eggs, sheep and cattle. On the scale of things, country life has outweighed suburbia for me by a long shot.

On review, the cultural differences here are such that I pine for the outspoken, upfront conversing style found back home, and so we (five now) are about to come and settle permanently in Australia. The next exciting plan is to travel around in a campervan for a year and then settle in Queensland. Although the Nelson region boasts the longest sunlight hours in New Zealand, I miss the humidity and heat of Australia tremendously, to the point where I have an almost romantic idea of what it is like to have a good bout of perspiration. What I'd give for a good hot balmy night with a cockroach or two! I might get quite a shock when I come back to it all. What I do know is that all life's experiences have been gifts to learn and grow from. I will never compromise my dreams now and know that finding the right piece of paradise at any one point in time is just a wonderful adventure to be involved in.

Tender subtropical plants thrived in the shadehouse on the family's property in the sunniest region of NZ.

Look for more on Julia's experiences of travelling Australia with her family in a future issue of GR.

◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆

RED CROSS NEEDS BLOOD

The Red Cross Blood Service frequently has need of more blood donors to maintain adequate supplies, especially during winter when inclement weather and virus complaints make it difficult for many regular donors to visit the blood bank. Christmas and Easter holiday periods, when demand is highest, are also times the Blood Bank needs more donations. Only three percent of Australians donate blood on a regular basis and, to cope with increasing demand, this figure needs to rise substantially. It is estimated that over 80 percent of Australians will need blood products during their lifetime. One donation can help up to three other people. Applications for blood products include cancer therapy, heart disease, injury and trauma and anaemia diseases such as haemophilia.

To make an appointment to donate blood ph: 13-14-95.

The Everburning Light®
2265 Pacific Highway, Clybucca NSW 2440
Phone/Fax: (02) 65 65 0104
Email: oil-lamp@zip.com.au
Antique, old and new Oil Lamps
Shades, chimneys and spare parts
Restoration, repairs, brass polishing
Aladdin Mantle Lamps & parts
Mail order service.
Aladdin Oil Lamp Specialist

THE BANQUET
SLOW COMBUSTION COOKER
• Solid cast iron durability.
• Domestic hot water boiler.
• Overnight Burning.
• Large Oven & Firebox.
5 Year Guarantee!
Please view our website for more details or contact us for Brochures & Nearest Dealer at,
Scandia Stoves
Lot 1 Melbourne Cres or
PO Box 372 Seymour Vic 3660
Ph: 03-5792-2388
www.scandiastoves.com.au

WHAT'S A WAGGA?
It's What You Make It

by Glenda Smith, Trevallyn, NSW.

Waggas were part of our domestic paraphernalia when I was growing up. Ours were heavy, bulky, lumpy quilts made of opened-out hessian wool bales covered with colourful cretonne. My grandmother, who always had cold feet because of circulation problems, loved the weight and warmth of them, but a friend used to more conventional bedding complained of being exhausted after being 'crushed' all night. Part of their appeal for me was the bushy tang of dust and wood smoke, because they were also the sleeping gear for my father and brothers on their shooting and fishing trips. On an overnight stop, they would simply spread a tarp on the ground and roll up in a wagga.

Because nobody else we knew had them, or even recognised the term, I assumed for a long time that they were something peculiar to our family. I was very interested, therefore, to come across one at a quilt exhibition, and later to read about them in a book about the history of Australian quilting. It seems they were common in the bush, especially in Depression times, and were made of whatever materials were available – old blankets, discarded clothes and, presumably, wool bales. Unlike patchwork quilts, which involved more creative use of bits and pieces to make something both warm and beautiful, waggas appear to have been more simply practical, and appropriate for men like my father, a wool-presser, to drag around the bush with them on their itinerant work. Modern canvas swags have probably taken their place.

I like the idea of recycling involved in making a wagga so I have made several using worn mattress protectors. The first one was for a single bed, and was covered in some garishly striped knit material I bought for $2 a metre. For less than $10 my son has a bright coverlet, which we call his 'summer doona'. The second one was more seriously wagga-like. I had a queen-sized mattress protector and came across some woollen skirt lengths for $4 each, of which I was able to buy three in the same fabric. I sewed them together and made a backing from some heavy navy cotton I had lying around, bought for a previous project that hadn't eventuated. The result is a medium-weight and rather attractive quilt that can also be used for picnics and camping.

Two old waggas retrieved from the back shed (40 plus years old). Hessian shows through where the cover is torn.

Diagram 1: Layers

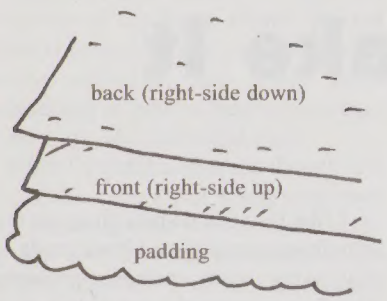


Diagram 2: Sewing

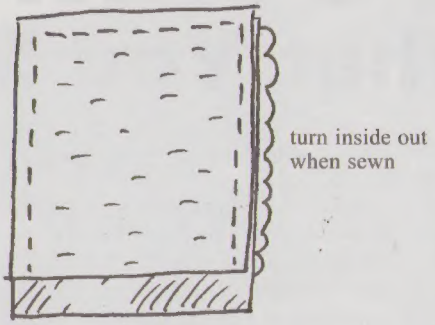
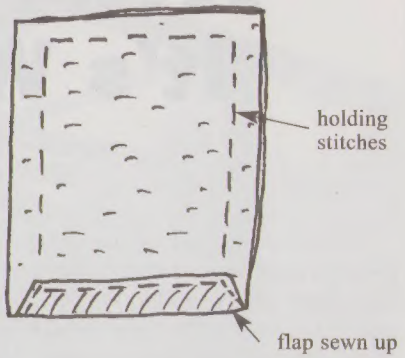


Diagram 3: Finishing



MATERIALS

Part of the point of making a wagga is to use 'found' materials – especially for the middle section. Old blankets, sleeping bags or bedspreads that have become shabby would be particularly good, being heavier and less flimsy than the padding I used. For the cover, look for bargains in remnants or seconds, preferably in dark or bright colours. Other possibilities are old doona covers, or sheets at sale prices. The size of the cover will be determined by the middle layer, but make sure to have the front a little longer at one end, so it forms a flap that can be turned up over the raw edges.

TO MAKE

Having made your selection of materials, wash them all and iron the cover pieces if necessary.

• Lay them out on the floor or a large table, putting the padding on the bottom, the front next (right-side up), and then the back (right-side down).

• Pin or baste together and sew around three sides, leaving the shorter edge with the front flap open. You might have to ease the material through to avoid it bunching up.

• Turn inside out, which will bring the back to the other side of the padding, right-side out.

• Turn the extra length on the front up and pin to the back, then sew across.

• Whatever this distance is from the edge (mine was about six centimetres), sew the same around the other three edges to hold the layers in place. If you are concerned about the layers shifting you can also sew straight across in several places, or do knots or holding stitches as some people do for patchwork quilts.

• If using a doona cover, you simply put the padding in the bag, as you would for a doona, sew up the opening, and sew around the edges to hold it in place.

TOWARDS A SELF-SUFFICIENT FUTURE

Grow your own vegetables.
Use seeds with no chemical treatment, hybrids or genetic splicing.

FREE CATALOGUE
07-5533-1107

Also subscription $10 includes 3 seed packets in spring 2004.

EDEN SEEDS

MS 905
Lower Beechmont 4211
www.edenseeds.com.au

DYE NATURALLY WITH WOAD

A small family business in Toulouse, France, has revived the production of blue dye made from woad (*Isatis tinctoria*). Using ancient methods and modern technology, the woad leaves are processed into a blue pigment powder, traditionally called 'blue gold'.

One of the oldest dyes, woad was used to dye the Bayeux Tapestry; the blue sections remain unfaded 900 years later. It reached the peak of its importance in the 17th century, when its annual production was estimated at 40,000 tonnes. The medieval method of woad production took 12 months from plant to powder, but in the 19th century Napoleon Bonaparte, needing blue uniforms, funded research and development that reduced that time to only six days.

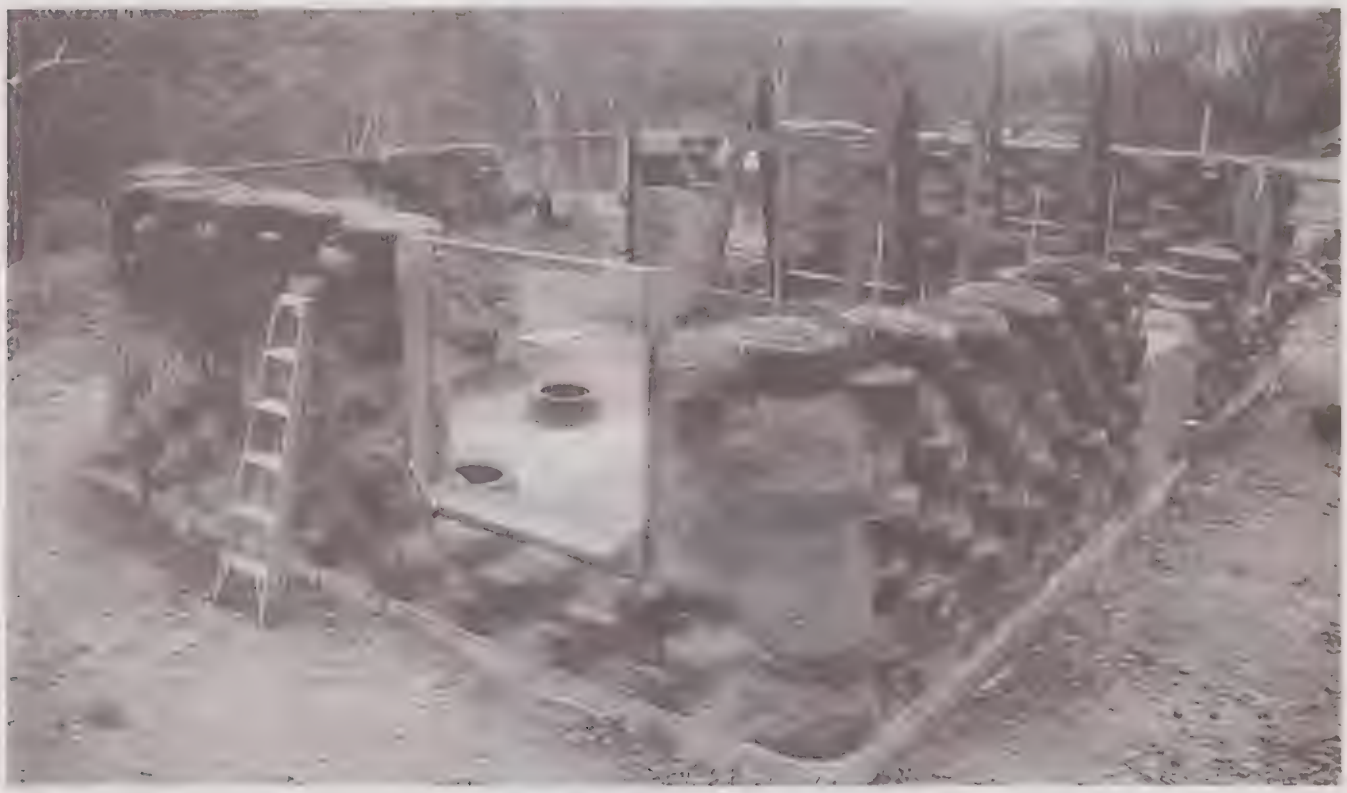
Competition from indigo and chemical dyes subsequently spelled the end of woad and the other great historical dyes of Europe: weld, saffron and walnuts.

The French *Bleu de Lectoure* project reviving woad is accessible at website www.blue-de-lectoure.com

Build A House From Tyres

by Suzanne & David Alder, Wentworth Falls, NSW.

Roberino introduced readers to tyre houses in GR 156 – surely one of the best alternative building techniques we've ever published. This time David and Suzanne Alder share their hands-on experience.



The tyre walls will be covered by mud render over chicken wire so they will not be visible or exposed to sunlight.

We have enjoyed the recent articles on recycling car tyres that have appeared in several issues of GR, and thought readers might be interested in our own project using car tyres in a form of rammed earth construction that provides a structurally stronger, thicker wall.

We came upon this method of building when we were contemplating making the jump from the first half of life to the second. This entailed buying 120 acres of forest at Hampton, NSW, and building an ecotourism business. When you are contemplating a move like that, you seek the advice of a friend, who will very likely advise you to go ahead, and this is what we did! While there, we saw a half-built workshop structure at his place using a tyre-earth construction. We had not known of this method before, but were instantly attracted to its deep walls and window seats; the free-flowing lines possible; and the solid, honest, part-of-the-earth feeling it had, even though the tyres were still visible in some walls that had not yet been completed and rendered.

We knew we wanted to use recycled materials to build cheap dwellings with an organic feel, but had decided that mudbrick was probably beyond us. In order to be in the financial position to make this move, we had spent the first half of our lives doing advanced degrees and establishing careers, and now, in our 50s and less than fully fit, we were nervous about taking on too much. Our friend had constructed mudbrick buildings as well as this new method and had found the latter easier on old backs. He also had CFS. We felt that if he could do this while ill, we might just have a fighting chance ourselves. The idea of being able to recycle the tyres in such a useful way really appealed to us. Full engineering specs were available and our council passed our plans. Their attitude was very helpful, once they stopped laughing.

Economically, this is a good way to go. Obviously, used tyres are free. Our

Suzanne and David Alder chose a method of tyre and earth construction for their retirement home. Photo: Kumbayah Studios.

local tyre retailer is happy to truck them out for us when he has a hundred or so of the size we want, since otherwise he would have to pay to dispose of them. He's taking progress photos too, because he wants to spread the word. The earth on our block passed its testing and is fine to use. All we pay for is the cement we use to mix with the earth. There you have your walls. Recycled windows and timbers blend beautifully with the earthen walls, as in all other earth-building techniques.

It is heavy work, of course, but very satisfying. Packing the wet earth mixture into the gaps between tyres and seeing the shape of the walls evolve feels a bit like making a cubby house did when we were kids. On hot days, or when we are very tired, we can mix earth, cement and water in the cement mixer and simply spend the day packing spaces between the tyres, a cool and not too taxing process. We are building a cabin first and will move into that while we work on the house. We have learnt our trade, so to speak, on this smaller building, and developed our routines and techniques.

METHOD

The tyres, empty, are laid out along the slab and eventually one layer on top of another as you would place bricks or blocks. Each tyre is then rammed with as much earth as can be made to fill it, and that is quite a lot! The advantage of the tyres over conventional rammed earth is that your formwork remains in place, forever hidden, giving additional stability to the wall. The original method entailed ramming dry earth into the tyres using a sledgehammer. We tried this on our first 10 tyres and quickly realised there had to be a better method. Our bones couldn't take the jarring. We experimented a bit and found that a wet mudbrick mixture hand-rammed into the tyres, finished off by pounding more dry earth in on top, worked better. This results in a rock-hard wall. The final finish on the walls will be a mud render covering, applied over chicken wire. The tyres are completely sealed within the wall, not visible so unable to decompose in the sunlight. This gives a wall surface similar in appearance to other earth-built homes, but a much thicker wall, which is an obvious advantage in areas as cold as ours.

A further advantage of tyre-earth construction over mudbrick is that you are only handling the material once, because you make the walls as you go instead of making the bricks and then building the walls. We have made a lot of mudbricks as well, for use as garden steps, so we know which is easier for us. It is probably becoming obvious that we are constantly looking for easier ways to do things. We firmly believe you should enjoy what you are doing and not die while doing it. The shapes of the walls are only limited by your imagination and the constraints of your particular block. The tyre walls are load-bearing and can be used to create some wonderful free-form effects.

On top of all this, we get a great

IF you want to save money, labour, energy & the environment DON'T build a single storey

Get our plans book first!

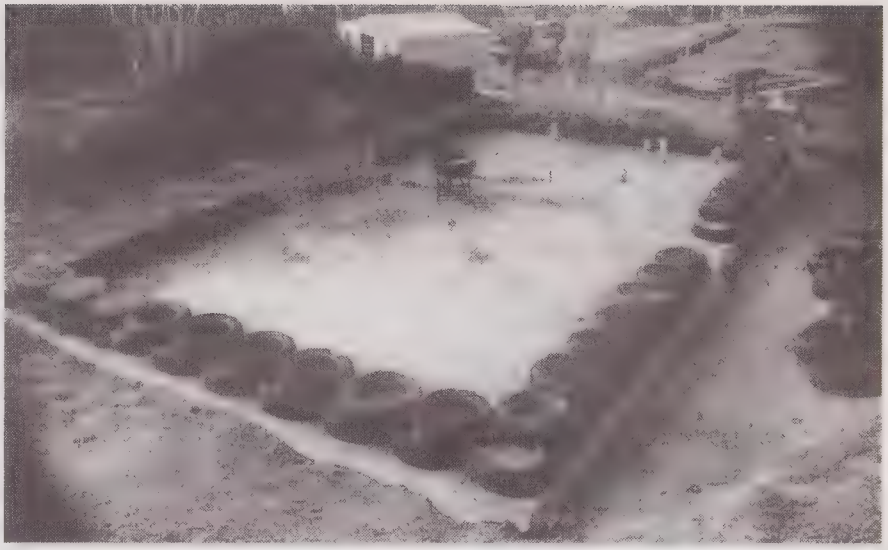
With thousands of customers Australia-wide, and now overseas, our books will surely provoke your thinking

Send $25.00 (includes postage) to:
Peter Lees. Architect & Builder,
2 Parkside Grove,
Frankston South, Vic 3199
Phone 03 9783 8632
Mobile 0427 136 998

40 photos, text prices and plans of small to large homes (or sheds, studios, whatever). Unlimited layout possibilities, catering for mudbrick, rammed earth, timber, stone or brick and in particular the needs of owner builders.

deal of satisfaction from knowing we have recycled many more tyres than we have used on cars that we have owned. This adds a whole new dimension to our sustainable home!

The photos at this stage show the walls with tyres still exposed, before rendering. If anyone would be interested to see the future development and finishing stages of this method of building, we would be glad to do another article in a couple of months time, but in the meantime simply wanted to contribute to a very interesting ongoing conversation about tyre recycling.



Right: To begin construction, the tyres are laid out on the slab. Each tyre is then filled with rammed earth.

A Muddy Life

by Ceinwen Alder, Wentworth Falls, NSW.

Nearly a year ago my family started building our mud/tyre cottage. At first we were just packing dry dirt into the tyres. This proved to be too difficult, so we bought a cement mixer and started making a mud mix, which made things go a lot faster. The whole process has been very tiring and stressful, especially for the parents.

One of the benefits of building your own house from tyres is that you end up with nice thick walls to keep you warm in winter and cool in summer. You get lots of exercise while building the house, and, of course, it's probably a lot simpler than building the usual way.

The experience really hasn't changed my life that much because I've been home schooling for four years, which meant my social life wasn't affected by us building and neither was my school life. It is so cool to be able to say 'I built that house', and know I'll be living in the house I made. If I had just built this by myself I would be terrified it would collapse, which is why I'm glad I had my dad there.

Some people might wonder why my parents decided to do this in the first place. Well it's because they are retired hippies who were bored one day. They would give you a 'proper' explanation, but at heart I think that is the real explanation.

Rupert the dog and 17-year-old Ceinwen Alder check out the building's progress.

Over time we have refined our technique in the packing of the tyres and the mud mix we use to pack the tyres. When packing the tyres we found it easier to pack the rim first, then the centre. You can never go wrong with a pole stuck in an ice cream container of cement. This tool is obviously used for ramming the dirt and mud into a fairly solid state. Packing tyres helps you lose weight and build good muscle structure. My parents have been motivated to contact others doing the same thing and share ideas and techniques with various people. I have benefited from the new experience and had a lot of fun playing with mud and getting really dirty for a good purpose. It is also something I can brag about to all my friends.

Environmentally friendly products to weather proof and dust seal all earth buildings

- Mud Brick Water Repellent
- Stabilised Earth Water Repellent
- Earth Bonding Emulsion
- Earth Render Admixtures

Tech-Dry 177-179 Coventry St Sth Melb, Vic 3205

Vic 03-9699-8202 Qld 07-5520-0856
SA 08-8132-1166 WA 08-9336-2426
NSW 02-9482-3360

www.techdry.com.au

BOUNTIFUL BANKSIA

by Noel Carr, Darkes Forest, NSW.

The heath banksia, *Banksia ericifolia*, is a very important shrub with terrific potential. It flowers in early winter with the best flowers being set after good autumn rainfall. Just after the first frosts the nectar runs down the flower stems like toffee and can be shaken out like rain. The Aborigines in my local Illawarra area made a sweet drink by steeping the flowers in water.

Heath banksia is found from Kulnara, north of Sydney, to Jervis Bay in the south, and in adjacent mountain areas. It is one of the easiest banksia species to cultivate.

The life span of the heath banksia is around 20 years and a mature plant must be five years old before it sets seed. An old shrub can produce about 50 kilograms of cobs, which give off an iodine-like smell when burnt. Banksia cobs produce more heat than coke. They completely collapse, like expired gas mantles. In the Great Depression many fuel stoves in nearby Helensburgh burnt these cobs, which were collected by children.

When other food sources, such as those produced by the bloodwood tree and the mullet runs, had come to the end of their season, the local Aborigines turned to the banksias on the Illawarra Escarpment. The plant supplied all their needs: protein, sugar, meat and heat. They faced a cold bleak period on the escarpment as they travelled up places like Stoney Creek. Wattle birds, which the early settlers called gill birds, came in to feast on the nectar, not in hundreds but by the thousands. The birds came in search of nectar and bees and supplied the meat that was cooked on the banksia cobs. The local Aborigines owed their winter survival to this plant. To miss the winter chills they camped mainly in rock shelters halfway down western slopes. There they missed the main force of the westerly winds, but got the last of the setting sun. Many early settlers learnt from the Aborigines and benefited from the high protein content of 'gill' bird meat.

Wattle birds feed on bees filled with nectar from the heath banksia as they return to the hives; they show no interest in bees leaving the hives. This way the birds, which are nectar and insect eaters, get their complete diet in one snap of the beak. Some seasons local apiaries become very weak because of the loss of their field force. When not preyed on by wattle birds, hives set amidst heath banksias can produce a winter honey flow of nearly 30 kilograms each.

Heath banskia, a versatile plant favoured by wattle birds and bees and once relied on by Aboriginal tribes as a source of food and warmth.

In areas where heath banksias grow, after bushfires have passed cockatoos feed on the seeds cast in the ash bed by burnt plants. The banksia does not have a lignotuber for vegetative regeneration after fire and relies on this seed, which has often been retained in cones for many years before being released by the heat of the fire.

Banksia ericifolia is a remarkably useful plant that deserves a place in any farm or garden where it will provide food for a variety of fauna.

The Natural Company

Our products save the planet and are chemical free!

Ph: 1300 888 415

SAVE THE ENVIRONMENT AND YOUR HEALTH

Try ***The Keeper***, a soft rubber re-usable menstrual cup that offers the most economical and earth–friendly method of feminine hygiene. No more monthly expenses!

Moonpads,100% cotton, provide a natural alternative to disposable pads & panty liners.

Avoid throw away nappies, use **Zappy nappy's**.

WWW.THENATURALCOMPANY.COM.AU
E-mail: info@thenaturalcompany.com.au

How To Make Extra Money At Home . . . wherever you live!

What would YOU do with an extra few hundred dollars each month, or week?? Everyday folks from all over Australia are making it a reality. To get a FREE report call our one minute message now on 1800-668-823 Freecall, or write to; Report Dept 2, 11 Stirling St, Moe 3825.

YOU LITTLE RIPPER!
Plant Ties With A Difference

by Robert Millet, Coffs Harbour, NSW.

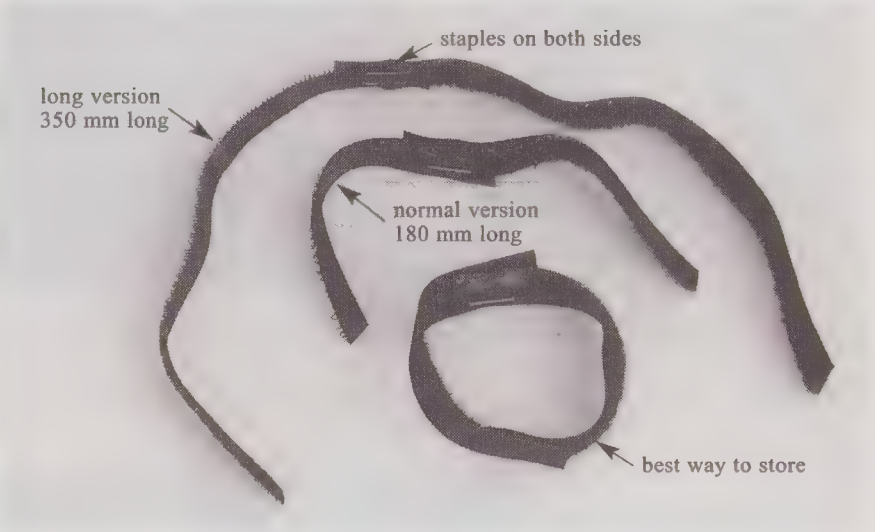
Do you get frustrated, as I have in the past, trying to tie up your plants, especially those sprawling tomatoes? I've resorted to using fencing wire cages, twine, cloth strips, green plastic-covered wire, insulated electric wires and whatever else I could scrounge or conjure up. One evening, some years ago now, I found myself thinking that there must be a better, faster, cheaper and recyclable way to do this constantly irritating task. Then I recalled my friend Leon's shirt.

One afternoon, around 1959, during final exam week at uni, my exchange-student mate Leon burst into our study room and, literally, ripped his shirt open. 'Failed my own country's history, didn't I!' 'And,' I said, 'that's one fine shirt ruined as well.' 'No, no,' he replied smiling, 'this shirt has no buttons. At my father's factory we use hook and loop strips. See?' Whereupon he slid his hand up the front of his shirt and – *viola*! – it was fastened in a second. I was astounded, and had to try it several times before I was a believer.

Having remembered this, the next day I scoured our town for what, years ago, Leon had called 'hook and loop strips'. The exchange at one shop went something like this: 'You know, miss, you can put two pieces together and they stick tightly and then you can rip them apart?' 'Oh, you mean Velcro.' 'Well, whatever it's called now, I need a few dozen metres to tie up my garden plants.' 'You can buy special garden Velcro at nurseries, in green too, I use it in my garden.' I almost ran to the nursery.

The product displayed in the nursery cost heaps, and I was not sure if green was the colour I wanted to use. After all, green is the last colour for anything in a garden that you don't want to lose track of. The packaging was too wasteful of resources. No, I had to find a better supplier. I went back to the shop.

After viewing the supplier's stock, I settled on black Velcro at 25 millimetres wide, and bought several metres each of hook and loop strips. I suspected that Velcro with adhesive backing would not last at all in the sun and dirt, and also that white Velcro might not withstand the UV rays of summer. Time has proved that to be a reasonable decision, as the shop price was low and packaging waste minimal.



Reusable plant ties made with Velcro and staples, a speedy and economical method of securing plants.

After a season of using 25-millimetre wide strips, I found that 12-millimetre wide worked as well, and therefore cut my costs in half. After a lot of experimenting and initial failures, here is how I make Velcro ties for use in my garden to tie up plants and other objects. A pleasant way is to surround yourself in the evening with the necessary materials, similar to an old-time quilting bee. Do it while the telly is on, as most telly programs require very little attention to follow.

MAKING THE TIES

Cut a length of 25-millimetre wide hook strip into 100-millimetre long pieces. Now cut each piece into 12-millimetre wide strips.

Do the same for the 100-millimetre long loop strip.

Now overlap one hook strip on one loop piece about 25 millimetres. The resultant half and half strip will be about 180 millimetres long. Press together firmly. To hold the strips together securely through all the stresses of plant growth, I put two ordinary stationery staples into the material, one staple from each side. Then with pliers I squeezed the sharp ends down into the material (see photo).

Now I had a combo strip about 180 millimetres long that would hold up plants better than any bushranger, and go on in seconds. After six months in use, they rip off and can go back into the box until next time. I store the unused Velcro strips joined in circles, so that I can get them out relatively easily. If the strip gets muddy or soiled, I hose it off. For larger plants, simply join as many strips as you need to go round the plant and its support.

USING THE TIES

For some plants I make a longer version: each piece 190 millimetres long, lapped over and stapled, gives me a final length of 350 millimetres to fasten around a big bunch of stems or a veranda post.

Experiment, learn how many items you can swiftly and cheaply tie up with Velcro strips. A good example is trickle hose. Generally, I start with the soft loop end at the stake, then wrap the strip around the plant and then press the hooks firmly into the loops. Another advantage of Velcro is that as the plant grows, you can ease off the tightness to accommodate the expanding stem diameter. For certain types of garden plants, you might find it beneficial to tack or nail several strips to a tall stake and reuse the stake each year.

Now, when I must tie up my plants, I waltz into my garden shed, stuff a few Velcro ties in my pocket and sally forth with a big smile – this is going to be a piece of cake, mate, chocolate mud cake actually. And it is. At the end of the season I rip them off, stuff them into my pocket and carry on. After several seasons none of my Velcro strips has failed, broken or come apart.

Simplify those fiddly tie-up jobs by using Velcro strips.

I would like to have them in UV-protected bright fluoro orange so that I wouldn't miss a one of them at season's end, as some spend the winter hiding in the compost pile. And, of course, I am very pleased that I no longer have to waste a lot of time tying up plants, then having to cut them free and throw away the scraps. There is no waste from year to year, and the cost is far cheaper than those few strips in garden shops wrapped in all that resource-wasting bulky packaging. Plus, the time I save can be better spent having a cool drink in the shade, where all good gardeners deserve to be. Cheers.

So, come on, GR gardeners, get stuck into Velcro plant tying. You'll be wrapped! They're little rippers!

Burning Stone

by Anthony Duncan, Canungra, Qld.

Some time ago I lived on the edge of a rainforest with my family. After the completion of our humble abode there were a few large basalt floaters protruding from the ground and in the way. The bulldozer couldn't budge them when clearing the house site, so they remained in situ. I went about attacking them with various weapons, which proved to be rather torturous and ineffectual. Then one day I learnt something completely new to me.

Taking the kids to and from school was a seven-kilometre trip up or down a winding road to the village. At the lower part of the mountain lived George, who was born and raised where he stood and possessed a wealth of knowledge in homesteading. He knew our place well, having grown bananas there in the 1940s. George was a dear old bloke with time enough for newcomers. The symbiosis in our relationship was clear: the girls and I were a salve to his loneliness and we benefited from his experience and wisdom. The kids for their part could climb all over the rusting, out-of-use farm implements and explore the run-down sections of his establishment. They enjoyed themselves so much that they badgered me to stop awhile there with George every other day.

It was on one of these visits that I mentioned the nuisance of the rock in my front yard. 'Oh, you can burn them,' said George. I thought he was joking with me until he elaborated. 'Just make a bonfire on top and let it burn right down. While that's going fill half a dozen buckets with water and place them around the circumference. Then, when the fire has burnt down, though still red hot, scrape the coals and ash away and dump the contents of the buckets on the stone. You will hear it hiss and crack, which is when you should get stuck into it with a twenty-pound (nine-kilogram) hammer. It will then break away nicely.'

The kids and I were excited at the prospect of a simple plan to overcome our problem. We diligently collected enough old stumps and limbs to suit our needs, and, one Sunday morning soon after, lit the bonfire. Well sure enough the huge boulder broke away in convenient pieces, even shattering in some places. I used this method on the most inconveniently placed stones and just planted herbage around others. The old sage passed on in the early 1990s, however, this story is testimony that ideas and knowledge will always remain our strongest currency.

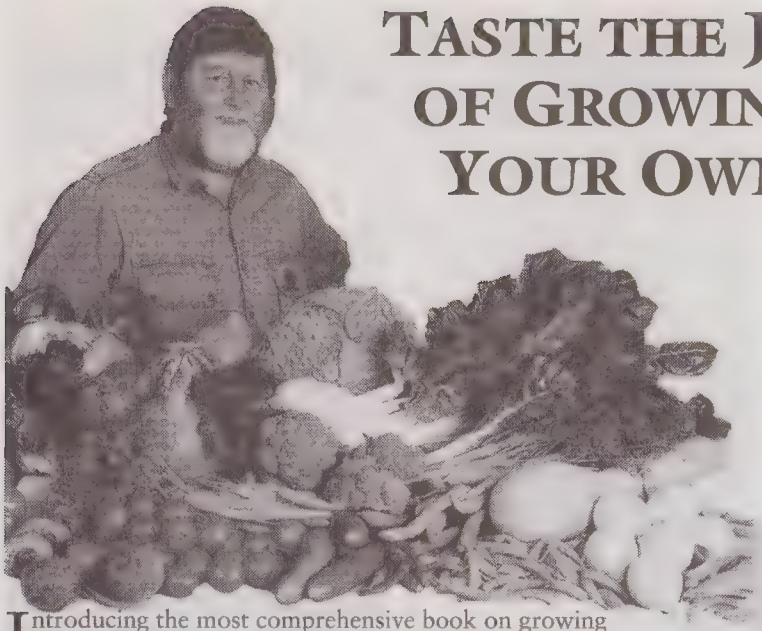
GUITAR MADE EASY
The one of a kind at-home guitar program for beginners of all ages.

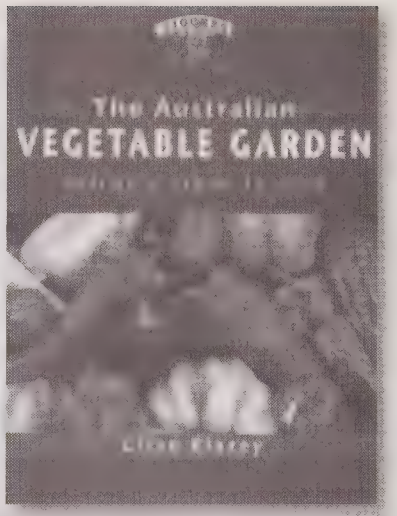
Learn to play guitar at home for a lifetime of fun and enjoyment for less than $70 !!
➔ 6 Simple Lessons on one easy 90 minute video.
➔ 70 page clearly set out workbook.

Ideal for first timers – Young & Old
Great for the kids to have fun
Enjoy learning at your own pace

GUITAR MADE EASY
Video & Workbook Package only $69.00
(GST and P&H included)
For More Info and Ordering Details call
***Louise Stavnic* – 03-9753-5298** 24 hrs (rec mess)
9 Orna Street, Ferntree Gully, Vic 3154

Taste the Joy of Growing Your Own





Australian Vegetable Garden: 128 pages.
Retail price $29.50, Club price $25.00.
Just $19.90 when you join
The Digger's Club for 2 years.

Save $16.50 on seeds, $9.60 on the book and $10.00 on club fees.

***SAVE $36.10**

Introducing the most comprehensive book on growing vegetables without chemicals in Australia – 'The Australian Vegetable Garden', written by Clive Blazey, founder of 'The Digger's Club'.

No Chemicals and No GMOs

It's easy, rewarding, and will save you a small fortune in your weekly grocery bill. All while you get fresh, organic vegetables free from pesticides and definitely not genetically modified, right from your own garden. You'll get more variety, more goodness and more flavour from your vegetables.

Discover the pleasure of growing vegetables for your family

Mini-Plot – A Year's Supply of Vegetables

'The Australian Vegetable Garden' will show you how to grow a year's supply of your vegetables in just a 10 square metre bed. That's less than the size of the average one car garage. Plus as a newly joining member of the Digger's Club you will receive your first season's seed for your Mini-Plot ***free***, a saving of $16.50.

Join the Digger's Club

The Digger's Club is Australia's largest garden club, helping gardeners grow healthier vegetables and the best flowers. Enjoy reading five beautiful colour catalogues with 196 pages of advice in the comfort of your home. Save up to 30% on bulbs, perennials and shrubs (45% on our books) which we send direct to your door. Club members are offered up to 14 pkts of seeds free every year. Take advantage of our special offers to save immediately.

DIGGERS DIRECT TO YOUR DOOR
105 La Trobe Parade, Dromana VIC, 3936
Web: www.diggers.com.au Phone: 0359 871877
Fax: 0359 814298

Mr/Mrs/Ms.....

Address.....

Postcode.....Daytime phone no.( ).....

Please enclose your cheque, money order or ☐ Mastercard ☐ Visa
☐ B/card *($10 min)*

Signature.....Expiry date /

		Enter Amount
Australian Vegetable Garden **With a 2 year membership**	$19.90	
Mini-Plot Starter Seeds (Joining members free)	$16.50	
Digger's Membership - 1 year	$29.50	
- 2 years	$49.00	
***SPECIAL** CLUB MEMBERSHIP (1 year), The Australian Vegetable Garden, free Mini-Plot Starter Seeds	$54.50	
***SPECIAL** with 2 year membership	$68.90	
Post/Pack	$2.00	
TOTAL $		

GR0803

Grow Your Own Turmeric

by Lin Foley, Mylneford, NSW.

Last spring I purchased a few turmeric rhizomes and planted them in the garden on our property just north of Grafton, NSW. They were dormant for a while, but in late summer the rhizomes started to produce lush green foliage. Some plants managed to reach one metre high. In early autumn, pale yellow, nonscented flowers followed. During dry times we gave the plants a good watering about once a week.

In early winter the leaves died off and we decided it was time to dig the root mass up. We were astonished by the bumper crop of new rhizomes each plant had produced. One plant produced nearly one kilogram of new rhizomes! These rhizomes can now be either used, replanted or sold.

My passion for growing my own food and for natural medicine made me curious about the possibilities turmeric has to offer. Below are some of the interesting facts I found about turmeric.

The botanical name for turmeric is *Curcuma longa*. It is a perennial plant native to Southeast Asia. It grows well in fertile, open loamy soil, in a humid climate with temperatures above 29° C. The plant grows at its best in a sunny position with regular watering. We also grew some turmeric in a pot, but the yield wasn't as prolific. It is possible the pot wasn't big enough.

The rhizome can be used fresh, dried or juiced. When using it fresh, only a small amount is needed because of its strong flavour. To dry turmeric, the rhizomes need to be washed, boiled for about four hours till tender, and dried, before being ground into a powder. Turmeric can be used to flavour and colour curries, rice dishes, mustard, sauces, pickles. It is also used as a dye in confectionery, juices, cosmetics and fabrics.

The Encyclopedia of Medicinal Plants (2001) mentions that turmeric improves liver function and will stimulate the production of bile. The curcumbin component of turmeric has high antibacterial, antioxidant and anti-inflammatory properties. Turmeric can be made into a paste and applied to the skin to treat skin conditions such as psoriasis, and fungal infections such as athlete's foot. Turmeric's anti-inflammatory property makes it a useful addition to the diet of those who suffer from osteoarthritis and rheumatoid arthritis.

Turmeric thins the blood and lowers cholesterol and is useful in reducing the risks of heart attacks and strokes. Recent research also shows promising results using turmeric in the fight against cancer and Alzheimer's disease.

We have found turmeric rewarding and easy to grow and a very tasty addition in our diet. Why not add a bit of spice to your life and this spring plant a few turmeric rhizomes in your garden or pot?

A versatile plant with a range of culinary and medicinal uses, turmeric can be grown in the tropics or in warm temperate areas.

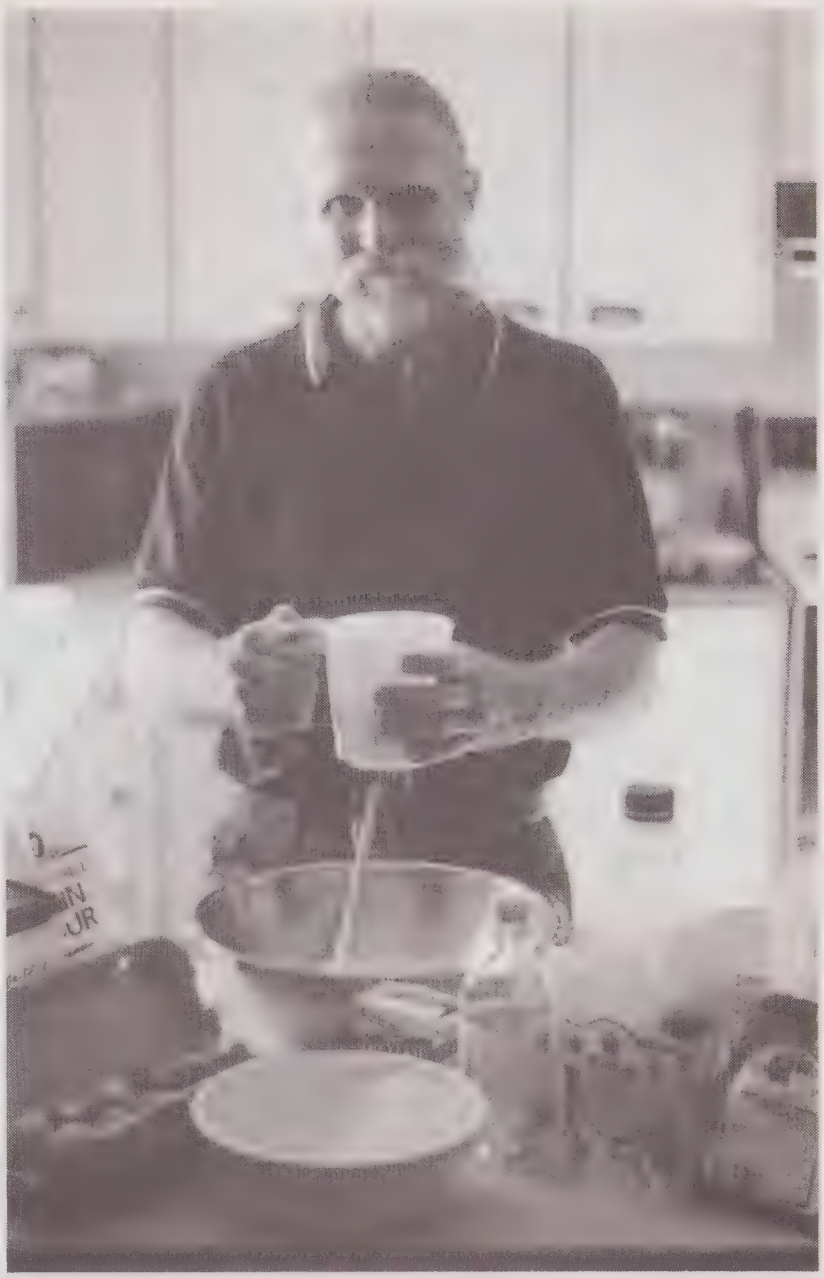
Interested in growing your own? We can send you five rhizomes for $10, including postage and handling. Send a cheque or money order to: Mrs Lin Foley, 1301 Rogan Bridge Rd, Mylneford 2460.

GREYWATER REBATE

The Victorian State Government in the recent budget announced an extra $10 million allocation to increase the rebate on greywater recycling systems. On a system costing $1500 the rebate is now $500.

GR Lifestyle For Health

by Royce Bond, Gracemere, Qld.



Forced to make changes to his life to overcome health problems, Royce finds his new lifestyle of growing, brewing, roasting and making his own food very satisfying.

I had read *Grass Roots* for years, but had never needed to take on board the suggestions for healthy living until now. It took a diagnosis of coeliac disease to turn my life around and make the principles many readers live by relevant. I now find each issue a great comfort and hope readers will find encouragement in my *Grass Roots* lifestyle.

Have you ever wondered how the events that happen in our lives determine the paths we take? Well, I recently went to see a doctor about a medical condition I'd had for over 35 years. This condition was not life threatening, but it was steadily getting worse, so I decided to have something done about it. The doctor referred me to a surgeon, who decided to do a gastroscopy just to make sure he knew what was happening down there.

The results were quite a surprise. The condition I'd suffered from for so long was treatable with major surgery, but he also found out that I had coeliac disease. When he queried me about the usual symptoms of this disease I found that I had been suffering from them for quite some time and had just put them down to annoying problems that I had chosen to try to ignore.

I don't like doctors and try to avoid them as much as possible.

After blood tests had confirmed the condition, I went onto a gluten-free diet, and those annoying problems disappeared almost overnight. During a follow-up visit to the surgeon he admitted to me that over the past 20 years the number of coeliac cases he had diagnosed had risen markedly, and that he couldn't see any reason for it. Since that visit I have also become lactose intolerant, so much of my favourite food is now not available to me.

What these conditions have done is motivate me to find alternatives to off-the-shelf food items that we take for granted in the city. I have been able to accomplish much of this in my own backyard.

MY PRODUCTIVE GARDEN

My wife and I live on a small block of land in the suburbs, about 860 square metres in size. When we moved here three years ago it had well-developed lime, lemon, mandarin and orange trees. Since then I have planted over 30 more fruit and nut trees, some of which are already producing beautiful exotic fruits.

From these fruit trees I produce my own wine. I started off with two demijohns and I now produce an average of 100 bottles per year. My favourite is mead made from the choicest honey. It should be left to mature for at least three years before being consumed, but I find I sample it after only three

FREE CD and Report Reveal...

"How To Meditate Deeper Than a Zen Monk!"

If you'd like to meditate as deeply (actually more deeply) than a Zen monk, literally at the touch of a button, this may be one of the most important messages you will ever read. Here is why.

Based in part on Nobel Prize-winning research on how "complex systems" (human beings, for instance) evolve to higher levels of functioning, a personal growth program has been created utilising a powerful audio technology called Holosync®.

A precise combination of audio signals gives the brain a very specific stimulus that creates states of *deep* meditation — and causes the creation of new *mind-enhancing* neural connections between left and right brain hemispheres.

Now a New CD and Report Reveal..

- The scientific evidence proving how Holosync® increases the production in the brain of many vital neuro-chemicals that can slow ageing.
- How to achieve super-deep meditation, at the touch of a button.
- How to dramatically reduce stress.
- How to create remarkable emotional changes at the deepest level.
- How to improve your emotional health.
- How to heighten your creativity and problem solving ability.
- How to have more restful sleep.
- How to boost your intelligence.
- How to increase your focus, concentration and learning ability.
- How to enhance your memory.
- How to increase your motivation and confidence.
- How to have more happiness and "flow" in your life.
- How to heal emotional blocks.

The report on this amazing new technology and Holosync® CD (or tape), worth $19.95, are FREE to *Grass Roots* readers for a limited time.

Call NOW (24hr, 7 days) for your FREE CD (or tape) and report on

Freecall 1800 70 70 47

www.meditate.com.au

Earth Star Publishing, 3/1 Rokeby Rd, Subiaco WA 6008

months. I did manage to leave one bottle for two years and it was nectar of the gods when I finally drank it.

I have found some very old books on fruit wine making and they have incredible recipes. The funny thing about my wine is that I only drink one glass each night, so I give many of the excess bottles to friends and family. Our lounge room in winter looks like a winery, with four demijohns and a 22-litre bucket bubbling away quietly under the television. They are quite a talking point with visitors. The full wine bottles are stored under the house in a small, cool, dark alcove.

I have developed a small vegetable garden, which supplies some of our staples. At the end of this garden I have a medicinal herb garden, from which I make all the family first aid requirements. There is also an olive tree in one corner of the yard. I really enjoy my olives.

I make my own bread and cordial and in the future I plan to roast my own coffee. I have three plants growing up in one corner of the yard. I will have to wait for a couple more years, but I am looking forward to when the early morning is filled with the rich smell of my own roasted coffee.

If I hadn't gone to the doctor about that long-standing condition I would have persisted for many more years with the symptoms of coeliac disease and tried to tough it through, with potentially disastrous results. I would also not have had to completely turn my eating habits around, and hence turn to growing, brewing, roasting and making a lot of my own food.

I find my lifestyle now is much more satisfying. For example, it's a lot nicer to open a bottle of nectarine wine and see the expression of surprise and delight on a friend's face at first sip, than to present a commercial bottle. The smell of freshly baked (gluten-free) bread is incredible and the smell of the citrus blooms is exquisite in the cool night air.

Sometimes things that at first sight seem to make our lives difficult can turn out in the long run to lead to a more satisfying life, provided we approach these problems with the right frame of mind. I suppose it took a medical condition to bring me to the *Grass Roots* lifestyle, even if it is in the suburbs.

GLUTEN-FREE BREAD

These instructions are for a bread maker.

1 sachet dry yeast
3 cups plain gluten-free flour
2¼ tsp xanthan gum
½ cup dry milk powder
1 tsp salt
3 tbsp sugar
3 eggs
4 tbsp olive oil
1½ cups water
1½ tsp apple cider vinegar

Mix the dry ingredients in one bowl and the wet ingredients in a separate bowl. Add the dry and wet ingredients together and stir roughly to combine them. Finally, place the combined mixture in a bread maker and set for 'rapid bake', which is usually three hours.

Variations: I have found that dried minced garlic added to the mixture before baking adds a nice flavour. If you have a sweet tooth, add some allspice and sultanas to the mix before baking. This makes a tasty fruit loaf. I am currently experimenting with adding fresh garlic, onion and capsicums to the mix to make my version of a pizza loaf. The bread can be quite heavy, so I tend to toast it rather than eat it as I would normal bread. You may choose to use guar gum instead of the xanthan gum. Either will do. These ingredients help to bind the bread together in place of the gluten, which is harmful to coeliacs. Gluten is found in anything that contains wheat, rye, barley and oats, as well as some other cereals.

Natural. Organic. Nonpolluting.

Household Cleaners. Hair & Skin Care
Pet & Garden. Dried Herbs & Plants

Natural Delights

No Sulphates. **No** Harsh Chemicals.
No Artificial Colours or Perfumes.
No Animal Products or Testing.

We are now providing Mail Order along with our on-site shop and market stall.
Ph: 03-5762-3888 Mob: 0427-559-130
Email: aztecherbs@dodo.com.au
Web: members.dodo.net.au/~aztecherbs/

Heritage Sheep Breeds

THE SOUTHDOWN

by Megg Miller, Nagambie, Vic.

When it comes to heritage breeds the Southdown is a worthy inclusion. A diary entry by Major Johnstone of the NSW Corps acknowledges the popularity of a Southdown ram with colony sheep breeders, so at least one specimen of the breed was in Australia prior to 1800.

The breed has further historical importance having been one of a select group of farm stock improved radically during the 18th century. Great advances in agriculture occurred that century, including mechanical furrowing of fields and rotating root and cereal crops. A handful of farmers judiciously inbred superior examples of local stock and developed recognisable breed types with greatly enhanced commercial traits. The Southdown – from the Downs country in the south of England – was one of these and so was a practical choice for sending to the emerging colony in NSW.

The Southdown became very popular in Australia and New Zealand when refrigeration was developed in 1879 and frozen lamb could be shipped to England. The value of the breed was the prepotency of the males; they passed on carcass conformation, meat quality and fast growth to offspring, even crossbreds. The idea of a specialist sire for meat production, what we now call a terminal sire, was probably developed by breeders of Southdowns.

Southdowns did play second fiddle to Shropshire sheep from Federation until the 1920s. During this period a larger fat lamb had been required, but in the 1920s the export market changed. A contracting economy in the UK forced housewives to be more prudent and smaller cuts of meat were demanded. The Southdown was more suited to providing this than the Shropshire and other breeds and so a long period of Southdowns dominating fat lamb production began.

Young Southdown rams, longer bodied and legged than in the past and ideal for producing the lambs consumers want.

Contemporary breeders have had to meet consumer demands for a leaner prime lamb. New bloodlines brought in from NZ have resulted in a longer framed animal that produces a lean export quality carcass. Southdowns don't have the dominant position now that they had for much of last century, but are still a commercial breed with a strong following. There are about 54 registered studs spread over six states and a very high number of unregistered animals on farms, so the breed is doing well.

BREED PROFILE

The Southdown is a well-built, well-covered animal of medium to large size. Its head is distinct; polled, noticeably wide and moderately long, with full wide nostrils and large prominent eyes. The neck is wide and strong, shoulders well set and level with the long back. Chest is deep and ribs are well sprung. Forelegs are strong and thick, and hindquarters full and well fleshed to the hocks. The past popularity of the breed was in part due to their shapely, well-filled hocks and the large quantity of flesh carried compared to bone.

Southdown wool is short and dense. The face and legs of the sheep are a light mouse colour, but there should be no coloured fibres in the fleece. It is desirable to have the face free of wool around and below the eyes, and the legs clean below the knee or hock.

Supa Soft Alpaca Carding Services
'Small Lots Welcomed'
Jenny & Aldis Stucers
03-5996-7085
www.supasoft.com.au

Southdown lambs are irresistible, chunky little fellows with a broad forehead and mouse-coloured face. You can see why they were once likened to teddy bears.

Hooves are black and hard and the nose is dark coloured.

Temperament

The breed has a reputation for being economical to run, which can be translated to mean they get on with the job of eating and growing with a minimum of distraction. They're also opportunists so will worry holes in fencing until they get out and, of course, being strong and muscular, require well maintained fencing.

One quirk associated with the breed is that when being pushed or driven, especially unwillingly, and they get stressed or puffed, they're likely to sit down and refuse to budge. Smart handling, not force, is required and if owners walk away the sheep will usually get up and can be moved along.

Recommended Environment

There is no special situation that suits them best as they're both hardy and good doers. It is handy to know that farmers say they run more Southdowns to the acre than other British breeds; one NSW breeder quoted 25 ewes to a 12-acre paddock. Southdowns can tolerate heavy stocking rates, which should make the breed attractive to small acreage owners.

Fibre Character

Wool is around 25 micron or finer, but is of secondary consideration with this breed. There is a ready market for it for felting and doona fill, but because it's very short stapled you don't cut much per sheep.

In previous breed profiles the phrase 'Down's-type wool' has been mentioned and it refers to the short, dense, springy fibre on breeds like the Southdown or derivatives of it. The unique quality of Down's wool is that it springs back following compression so is perfect for pillows or quilts.

Carcass Production

For two centuries Southdowns have been fêted for the succulence, taste, fine grain and desirable colour of their meat. If you grew up in the 1950s or 1960s you will have fond memories of the juicy Sunday roast – it was invariably a leg of Southdown lamb.

Southdowns are bred for use as terminal sires. Serious breeders have been selecting for genetic gain along the lines of Lambplan (a production improvement program) so their stock can compete with other terminal sires like the Poll Dorset and White Suffolk. The offspring of Southdowns inherit their excellent conformation as well as economical feed conversion and early maturity.

Breeding

Lambing percentages are as good as if not better than other British breeds, with 150 percent quoted as a figure at marking. This indicates not only a high incidence of multiple births, but that ewes also have the milk and nurturing skills to raise their young. With Southdowns, the bigger the ewe the easier the lambing. The increase in size and frame length in recent years has eliminated the birthing difficulties encountered when specimens were short legged and dumpy bodied.

Special Features

Excess wool on the face can be a problem despite breeders' efforts to reduce it. Southdowns are cleaner faced than they were 50 years ago when they looked like teddy bears, but it's standard practice to clip wool around eyes (called wigging) before grass dries off to prevent seeds getting caught and injuring eyes.

Association Viewpoint

The Southdown is promoted as the prime lamb breed because of the prepotency of rams. The hardiness and activity of young lambs are highlighted along with quick maturity. More dollars per hectare under heavy stock rates is another attractive feature as, of course, are the outstanding carcasses produced. If you want to know more about the breed or where you can obtain stock, contact Southdown Aust Inc, Mrs Betty Taylor (Secretary) PO Box 91, Narre Warren North 3804, ph: 03-9796-8225.

BOOKS on Useful Plants, Fruits, Nuts, Tree crops, Permaculture, Organic growing, Farm Trees etc.

Best selection in Australasia – drawn from world-wide sources. Efficient mail-order service, contact us for free lists or access our web site:

http://www.AOI.com.au/granny

Granny Smith's Bookshop

Mail: PO Box 27 Subiaco WA 6008

Phone: 08-9381-2880 Fax: 08-9388-1852

email: granny@AOI.com.au

Ingrid Sims, 208 Nicholson Rd, Subiaco WA 6008.

ESCAPE FROM THE CITY

by Beverley Collett

The story of a farm named Tathra
An inspirational, moving, and often funny account of three generations living, learning and working together, farming, building a house, and establishing a fruit winery and restaurant.

Available from: Beverley Collett, 'Tathra', PO Box 102, Nannup 6275.

$24.95 plus p&h.

Ph/fax: 08-9756-2040

web: www.tathra.net

Email: tathra@wn.com.au

CANDLES
A Burning Health Issue

by Manfred Kaiser, Crows Nest, Qld.

I was fooled long enough by the pleasant smell of aromatic candles, but no longer. Since I researched my book, *How Indoor Air Quality Affects Your Health*, I know that the sweet scent of lavender or rose is likely to be nothing better than disguised petrol fumes. This shouldn't have come as a surprise because most candles on the market are petroleum-based products. It's not necessary for manufacturers to list the ingredients and purity on the labels of candles, but consumers need to be aware that burning petroleum-based products is not aromatherapy.

So, think twice before you light that newly bought scented candle; you might conjure up more than just a romantic mood. Instead, you are likely to be setting the scene for polluted indoor air, with its associated health risks, and you might even damage your home and its contents with black soot.

I consider myself health conscious without being paranoid, and for this reason I will not allow anyone to smoke inside my home. Until recently, however, I would not have considered lighting a scented candle or the odd incense stick as a threat to my health and that of my family. I changed my mind very quickly.

All candles begin with wax, but there is a wide variety of waxes used in candle making.

• Paraffin wax is made from petroleum and is the most commonly used wax for candle making. Purity levels vary greatly.

• Gel wax is petroleum turned to jelly with the aid of a gelliant. This wax is soft and is often used in popular candles in containers.

• Natural waxes are those from plants such as soya beans, and from animals such as lanolin from sheep's wool.

• Beeswax is made by bees from nectar and found in parts of the honeycomb. This wax was the main ingredient in candle making until the manufacture of paraffin became much cheaper.

Scented candles can add more than a pleasant ambience to the air in your home.

Burning a candle triggers a chemical process that will always create some new chemical compounds. The fumes can contain organic compounds such as acetaldehyde, formaldehyde and acrolein, and very fine and unhealthy particles in the form of particulate matter and soot.

The wick itself is a source of pollutants. Many, if not most, wicks contain a metal to keep the wick upright while burning. Lead was very popular but is banned today. Instead, the manufacturers add zinc or tin to the wick, which, when set alight, adds to the chemical soup created by burning a candle.

While no candle burns completely cleanly, there are different levels of 'dirtiness'. Natural waxes and beeswax are said to contain less harmful chemicals than petroleum-based candles, and highly refined paraffin can also burn relatively cleanly. The worst polluters, however, are cheaply manufactured paraffin and gel candles with petroleum-based ingredients such as fragrances and colourants. You generally get what you pay for and you pay a premium for clean-burning candles.

You might ask why this concern is surfacing now when candles have been in use for hundreds of years. The answer is quite simple really. It is only in recent years that the use of candles and incense has grown enormously and it is only recently that environmental health scientists became concerned about the health effects. I conducted a search of medical journals and found several studies concerning this subject. Two major studies, however, caught my attention:

• *Candles and Incense as Potential Sources of Indoor Air Pollution*, US Environmental Protection Agency, 2001;

• *Characterization of Scented Candle Emissions and Associated Public Health Risks*, US Department of Environmental and Occupational Health, 1999.

J David Krause, the author of the second study, wrote: 'The possible impacts on public health from consumer use of scented candles may include increased risk of cancer, neurological and behavioural deficits and acute aggravation of existing respiratory diseases such as asthma.'

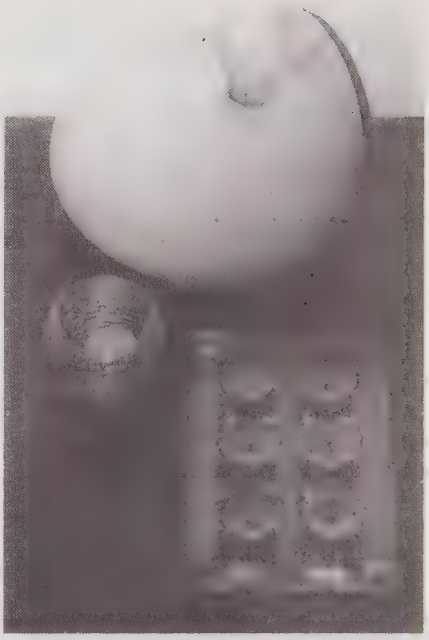
His study found numerous similarities between the combustion products of scented candles and diesel fuel. In addition to several volatile organic compounds, some of which are toxic and carcinogenic, the fumes contain very fine particles, particulate matter and soot, which have the potential to permanently lodge deep in the lungs and cause respiratory and cardiovascular illnesses.

The additives in scented candles and low-quality, petroleum-based candles are more likely to increase soot emissions. In addition to the health concerns, soot has the potential to

damage your home by depositing on walls, ceilings and carpets.

The World Health Organisation recently found that indoor air is, on average, two to five times more polluted than outdoor air. While there are many other sources for poor air in the home, burning candles and incense sticks are two major culprits. Not burning candles or incense sticks would be one solution to reduce the risk to your health. However, if you do like the occasional candle-lit dinner, or you burn candles for religious reasons, there are measures that can dramatically minimise the impact.

- Burn natural wax candles.
- Buy candles with braided wicks that contain no metal.
- Burn hard wax candles. Gel wax in containers produces more soot.
- Avoid scented candles; they produce more soot and volatile organic compounds.
- Trim the wick to about half a centimetre before lighting to produce a cleaner burn.
- Keep your candle draft free for a low and even flame, but increase the ventilation indoors.



The beeswax candle (top) will burn more cleanly than the gel wax tea lights (front).

I haven't been able to completely convince my wife to discard the idea of burning candles. I, therefore, don't have much hope that this article has convinced all of you. Is there a candle-burning addiction, such as the craving for nicotine and alcohol?

Jokes aside, my wife and I now burn candles less frequently; we follow the recommendations listed above, and cross our fingers that the phrase 'you get what you pay for' is true in this case. Yes, we have to cross our fingers because there is no requirement to list the ingredients, and the so-called quality candle bought in a health store or pharmacy might be an exact replica of the cheap candle bought in a discount store. The word 'natural' somewhere on the label is no guarantee either. This might refer to just one of many ingredients, such as the aromatic oil. It is simply a case of 'buyer beware'.

Manfred Kaiser is the author of *How the Weather Affects Your Health* and *How Indoor Air Quality Affects Your Health*, published by Michelle Anderson Publishing, Melbourne. You can find more information on the author's website: www.manfredkaiser.com

ROSES PLUS

Natural health begins at home. Pamper yourself or a friend with our refreshing and revitalising Rosewater mist and personal care products. All are hand made from organically grown Damask roses and are chemical free.

Our other products include face and body moisturisers, muscle relaxing bath soaks, SLS free hair care and shower gel. You can also cook exotic dishes and cakes with Rosewater and have your home smelling of roses with our house care range.

Contact Sue for a product and price list which can be posted, faxed or emailed.

Samaria Farm, RMB 1687
Samaria Rd, Benalla 3673.
Ph: 03-5768-2225 Fax: 03-5768-2526
Email: smatheso@benalla.net.au

Why flush all that precious water down the toilet ?

nature LOO

Supplies the lowest cost, water-free, environmentally positive alternative to septics. No wonder thousands have been sold Australia wide.
Waterless toilets available from $710.

- *No water • No odour*
- *Owner installation*
- *Owner maintenance*
- *Expandable capacity*

See it at www.nature-loo.com.au
Or call now for a comprehensive info pack

07-3870-5037

19 Ivy St Indooroopilly Q 4068

Relaxed Retirement In A Caravan Park

by Bob Rankin, Port Macquarie, NSW.

Retired garden lover Bob Rankin finds life in a caravan park offers surprisingly satisfying opportunities for self-sufficiency, inspired by life in Samoa.

Many *Grass Roots* city dwellers say they find it hard, if not impossible, to live a really full and satisfying life because of their lack of contact with nature. But escaping the city is easier said than done. Don't despair. If you can't afford to buy that acreage in the country where you can live the ideal life of self-sufficiency, perhaps a caravan park in a rural area can provide a cheap alternative.

For 45 years after the war I led a near-idyllic life in Samoa on five acres high in the hills behind Apia and close to Vailima, the grand old home built by Robert Louis Stevenson where he happily lived out the last five years of his life. I was my own boss doing what I enjoyed, creating traditional *tapa* designs and screen printing them by hand on fabric, making coconut oil soap, and producing medal-winning tropical fruit wines and liqueurs. I also got huge enjoyment from tending my acre or so of bananas and the half-acre I devoted to vegetables, and watching over my flock of free-range Rhode Island Reds and turkeys.

Like many idylls, mine was brought to an end by unforeseen circumstances. In 1991, Val, the worst hurricane in Samoa's history, lashed the island for four days with 250-kilometre per hour winds. Broken off about 300 millimetres from the ground, every banana lay symmetrically across the field like a Van Gogh painting, and the leaves of my Chinese cabbages were shredded into tiny pieces of white string. Then my beloved Samoan wife, co-worker

Top: Levei and Bob with toddler Broderick in front of their cabin.

Bottom: A close-up of the vegie garden.

of 41 years, and mother of our six children, died suddenly. If that was not enough, our business was ruined by some competitive skulduggery.

But life goes on. Virtually penniless, I remarried, this time to Levelevei, a Samoan girl half my age, and I returned with her and her five-year-old daughter to New Zealand to live in my daughter's converted garage, subsisting on my Veterans and War Disability Pension. I was soon busy enlarging my son-in-law's vegetable garden in their tiny backyard. Before long, however, the larger horizons and warmer climate of Australia beckoned and we shifted to Sydney.

With their golden sands and lakeside parks the Northern Beaches might be the most attractive part of Sydney, but to a country boy like myself living ant-like in a city apartment with no access to a garden was like living in jail. Then life took yet another turn. At 75 I was to once more become a father. I was determined my children would not grow up in the sterile atmosphere of steel and concrete, amid the ever-present hum of traffic, and surrounded by people whose only desire was to 'get ahead'. I would have liked a home with half an acre in the country, but this was well beyond our means. We took the next best thing. We moved from Sydney to a caravan park in the country.

I have to admit that I had some misgivings. I once saw a TV program about a single mother living with her young child in a caravan park in NZ. She led a terrible life, surrounded by drunks, drug addicts and dole bludgers, and with family arguments and abuse a daily occurrence among her neighbours. It was altogether the last place where one would like to bring up a child.

Thankfully, the Port Gateway Tourist Park on the outskirts of Port Macquarie is not like that at all. It is extremely well run and far enough out in the country for kangaroos to come up to and over the back fence. One could not wish for more pleasant neighbours, mostly retirees, and it is only a 10-minute bus ride from excellent facilities of every kind. Best of all, our site is large enough to grow more vegetables than we will ever need. I count myself lucky to have ended up in such a delightful spot.

And it doesn't cost the world. Our new $38,000, two-bedroom, relocatable home was financed with a bank loan of $20,000 and the First Home Buyers Grant of $14,000, so we only had to lay out $4000. We pay site fees of $70 a week, have no rates to worry about, and pay only for electricity. Living on a pension, growing all our own vegetables and with our newly planted lemon tree already bearing fruit, we manage to put money aside every month in the children's investment funds, and even save a little for ourselves.

I brew my own beer, make our own soap, and have planted a grape vine from which I soon hope to be fermenting my own wine.

I reckon the bloke who said life is what you make it never said a truer thing.

FLEECE TIPS

You will enjoy handling and spinning fleece if you select wool appropriate to your level of skill on the spinning wheel and the type of garment you have in mind. For example, a jumper for outdoor work will wear better if made from a strong wool, while babies' garments would be best made from a soft fine wool so delicate new skin isn't irritated. Don't be tempted to use short-stapled wool from meat breeds, it is more suited to filling quilts because of its springy nature. The fleece from long-woolled British breeds will be easiest for beginners to spin, then later try Corriedale or Polworth, and finally Merino.

Select wool with a good staple length and well-defined, even crimp and which feels soft with a hint of natural oil present. Dry fibrous wool may not have been stored properly and isn't recommended for the inexperienced.

When choosing a fleece for spinning, beware of faults such as:

- Matted fleece with so many fibres growing sideways it felts on the sheep.
- Areas of thinned or weakened fibres that break and roll into pills.
- Coloured fleeces with a stripe of different colour in the staple, caused by drought or change of diet.
- Canary stains that won't come out when rubbed on a cake of soap. These will resist even scouring and dyeing.
- Excessive vegetable matter, burrs.
- Pointed dry tips on a soft fleece. These will break off when the fleece is being carded.
- Fleece rot, caused by bacteria, resulting in a permanent bright pink, green or blue stain.

WEE RECIPE TO DYE WOOL

Did you know stale urine is one of the best and cheapest cleaners and conditioners for really dirty wool? Keep urine for a fortnight in a closed container such as a plastic bucket with a well-fitting lid, to allow the ammonia to develop. Apparently, it is unsurpassed for leaving the wool in a fine soft condition for dyeing, or as a conditioner after dyeing to counteract the harshening effects of mordants like ferrous sulphate. Urine was used extensively in the Bradford blanket trade until recent times, and is still used on wool in the Scottish Highlands and in Africa, India and South America. Urine can also be used as a ferment for woad, indigo and some lichens.

YAKON
Apple Of The Earth

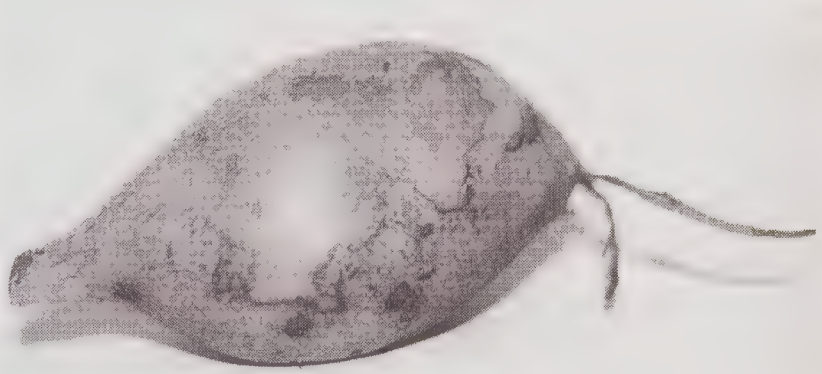
by Dorothy Creevey, Old Bonalbo, NSW.

For all small gardeners who recognise the value of perennial vegies, the yakon (*Polymnia edulis*) is a yummy low-fat, high-insulin vegie with 11 to 17 percent protein. It can be eaten raw or cooked as either a sweet or a savoury. Peel the skin because it can be resinous. It stores and cooks without losing crispness.

This easy-care, virtually pest-free, fast-growing perennial vegetable plant grows into an attractive shrub (two by one metres) producing big crops of sweet, crunchy, juicy tubers all year. The tubers can be used as a fresh fruit or vegetable and can be stored for months in a cool, dark place, or, if planted in a well-drained site, can be left in the ground with tubers being ferreted out all year as needed. I am told that some roots can be exceedingly sweet and others bland; I haven't tasted a bland one to date. Flavour is improved by sun exposure, though some crispness will be lost.

Its large, attractive, dark green leaves are slightly crinkly and furry. The small, yellow, sunflower-like flowers are attractive but not spectacular and appear in late autumn. In frosty areas it dies down to ground level, but regrows in spring. It makes a nice backdrop to a bed or along a fence. In the permaculture garden we would consider it suitable for zones one and two, or three in a commercial enterprise. I see it having potential as a commercial crop and it has been known to yield 38 tonnes per hectare in South America. A successful crop can be grown under trees so it could be useful in agroforestry, though it might not produce as well. I think well-managed alley cropping would be the best way.

Although yakons prefer a deep, rich soil they will survive in poor soils. Plants can be grown from seed, but are usually propagated by division in autumn or after the plant dies down.



The plant forms two distinct types of tubers. The large tubers that resemble sweet potatoes are what you eat and they sit below a cluster of smaller, ginger-like tubers around the stem base. These small tubers form shoots for the following year's growth or propagation. Plant out after frosts.

RECIPES

Yakon Salad

1 yakon
2 sml chokos
1 radish
2 sml prickly cucumbers
1 cup cherry tomatoes
1 avocado
1 capsicum
a handful of eschalots
Italian salad dressing

Dice ingredients to about 1 cm and mix gently. Stroll around the garden; what else is there? Perhaps a few nasturtium flowers or clove pinks will give an exotic touch.

Sweet Drink

Grate yakon root and squeeze through a cloth.

Sugar Substitute

This juice can be concentrated to form dark brown blocks of sugar called '*chancaca*' in South America.

More Ideas

Try yakon

- as a dip,
- cubed into vegie or fruit salads,
- pickled in a spiced vinegar and served with meals or on a cracker,
- crisp and tasty in stir-fries,
- roasted.

Use your taste buds and imagination.

For more information on yakon see GR 133. Yakon tubers are available June to September from Green Harvest, 52G, MS 16, Maleny 4552. Ph: 1800-681-014. Cost of $17 includes planting piece, postage, growing information and 48-page organic resource catalogue.

RECIPE BOOKS

Broccoli	428 recipes	– $15.00
Silverbeet	202 recipes	– $12.00
Cauliflower	232 recipes	– $12.00
Lemon	404 recipes	– $15.00
Sweet Potato	496 recipes	– $15.00
Broad Beans	265 recipes	– $12.00

All prices include postage.

P & R Deakin
226 Maroondah Hwy (PO Box 396),
Croydon, Vic 3136
Ph: 03-9725-6775 Fax: 03-9733-2774

INEXPENSIVE TRAVELLING HOLIDAYS

by Roberino, Arrawarra Beach, NSW.

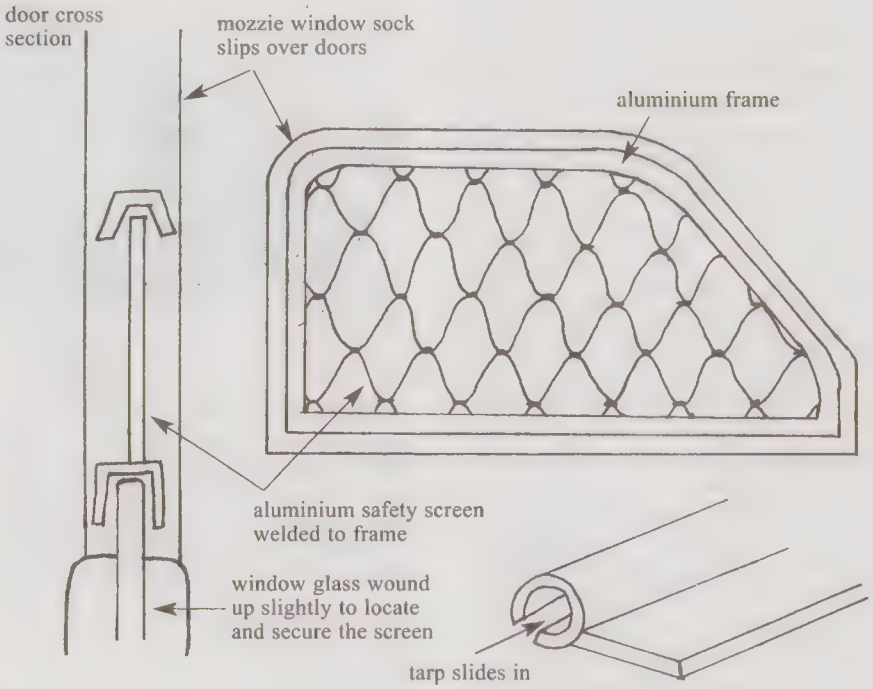
With current world events, many people are opting to travel in Australia for their holidays, staying in camper vans, station wagons and tents. Renting a camper van can be expensive, but renting a delivery van is not. All you need is a foam rubber mattress to throw in the back. If you are lucky enough to have a bench front seat, a child of up to about 12 can sleep there comfortably. If you are not suffering from gigantism, you may find the good old bench seat surprisingly comfortable for sleeping and other pastimes yourself . . . such as reading, OK!

If you own a delivery van, you can easily modify it in ways not possible with a hired vehicle. I once picked up a great, strong, ex-army hammock at a flea market in the Netherlands (I'm still itching). You could string a similar hammock or a stretcher crossways in the van and fit a few more friends.

High-top vans are especially versatile, if only for the luxury of easily pulling your pants on while standing up. Beware when parking in garages or service stations though, some are vertically challenged.

Ventilation is important in a vehicle used for sleeping, and window socks can be made to fit over the tops of doors to keep biters out. Safety is always an issue when sleeping in a vehicle with windows open as there is no shortage of sick deviates, paedophiles, practical jokers, idiots and the like. Go to an aluminium sales shop or screen and safety door manufacturer and they can make a safety screen for open windows (see diagram). The screens are also good if you have to leave the dog in the car while shopping (not recommended in hot weather).

Window Sock


door cross section
mozzie window sock slips over doors
aluminium frame
aluminium safety screen welded to frame
window glass wound up slightly to locate and secure the screen
tarp slides in

Tarpaulin can be arranged off the side of the van to provide sun and rain protection. There is a type of aluminium section that makes fastening the tarp to the van a five-minute job. Ask at the safety screen shop. Canvas speciality shops have the fittings to slide into the aluminium, or if you are really resourceful you could roll/fold a bead to the edge of the tarp then glue or fold it to keep it in shape.

Be Your Own Boss From Home

$ $

It's easy when you know how! And the best way to find out how is with the magazine *Australian Business & Money Making Opportunities*. Every issue is packed with information on business and money making opportunities (full or part time). It's sold from Newsagents across Australia and N.Z. and is found in the business section. To get a recent issue and details on 125 Australian Business Start-Up Guides send 4 x 45¢ stamps (covers p&h) with your name and address to:

AUSTRALIAN BUSINESS & MONEY MAKING OPPORTUNITIES

AB, PO Box 5518, Dept GRB, South Windsor, NSW 2756.

We also produce the following guides: 101 Money Making Opportunities, How To Profit From Your Handcrafts & Hobbies, How To Start A Mail Order Business, Making Money From Flea Markets, Making Money With Your Camera, Making Money With Your Home Computer, Start Your Own Import/Export Business, How To Organise A Successful Home-Based Business. FREE DETAILS SENT ON REQUEST

FAX: 02-4577-6942 or Visit our website at:
www.profitcentre.com

AAA Media Network, 3 Bradley Road, South Windsor, NSW 2756

RECYCLED CAR TYRES

Tyre tanks for greywater are an inexpensive way to catch your waste water. As they collect solar energy and heat the greywater, they are ideal for crops and trees to warm the soil in cold areas of Australia. Have a thermometer handy to check that the water is not too hot. In tropical areas you may have to paint the tyre tank white to reduce the water temperature.

Roberino

OOPS!

The phone number for Drängen for weed control in Round the Market Place, GR 157, was incorrect. It should have read 03-6421-7601. Give them a call! Our apologies to Drängen.

PAPER MAKING BY HAND
Using Plant Fibres

by Sue Southwood, Balmoral Village, NSW.

In the previous two issues I described how to make your own paper and add some more creative features to it. For the more adventurous, plant fibres can be added to recycled paper pulp, or used alone, to make distinctive, elegant papers. Flowers, leaves and grasses can be added to paper pulp, but should be cooked first, to remove fugitive colour (nonfast) and any moulds. There are many plants that give beautiful results, some of which are lily stems, pineapple leaves, New Zealand flax leaves, banana stems and leaves, even gum leaves. There is no end to the possibilities available. All it takes is time, patience and a certain touch of insanity!

MATERIALS AND EQUIPMENT

The equipment listed in the first of this series of articles is also needed for making paper from plants, with the addition of the following:

- A heat source, preferably outdoors!
- Reasonable sized pots in stainless steel, enamel or glass – absolutely no aluminium, or ferrous material. Chemicals used will corrode them.
- Large containers – for soaking materials.
- Scissors, knife, mincer, secateurs, axe!
- Large strainer and/or net bags, and buckets.
- Caustic soda, soda ash, wood ash or similar.
- Protective clothing, rubber gloves, goggles, mask and a stout stick for stirring the pot.
- Solid board, stone, beating stick or mortar and pestle.

Cotton or linen rags traditionally incorporated into paper take a long time to beat and need a specially devised beater (Hollander beater) to produce sufficient fine pulp for paper making. A blender can be used, but it is long slow work and most blenders are not able to do it. If you wish to try it, use very old, worn fabric that tears easily, cut it very small, and have no long threads (two-centimetre size only). Cook for four to six hours in a caustic solution, rinse well, and beat by hand first. Place small amounts with lots of water in a blender, and blend for 10 seconds at a time, then up to 30 seconds.

Above: Lemon grass leaves give the finished paper a pleasant aroma.

Below: Iris leaves drying in the sun before being shredded and cooked.

PREPARATION OF PLANT FIBRE

Select your fibres, clean them and cut, shred or chop into equal sized pieces to allow cooking liquid to penetrate all the fibres equally. Depending on type, plant material can be peeled, beaten or soaked for a time before cooking. Bamboo can take up to a year! Some plants are better cooked immediately. Soft fibres, such as celery, need no caustic solution. Dry material will give different results from fresh. Collecting at different times of year or stages of growth could yield further variation. Keep to single fibres until you discover what could go with what. Above all, experiment!

COOKING FIBRES

Some fibres can be cooked without use of caustic chemicals, however, they can take a lot longer to reach a usable stage. Increase the cooking time, rather than the concentration of the solution, and always add caustic crystals to water, not water to crystals. Wear protective clothing at all times, even shoes, and beware of adding crystals to hot water – it does fizz alarmingly! It is recommended that the solution be prepared prior to adding to plant material. Use one to two tablespoons of caustic soda to 10 litres of water. A solution can be made by pouring water through wood ash several times and straining it. This is called lye.

Fibres are ready when the solution is dark and slimy looking – like swamp water – and they separate easily when

pulled apart in your gloved fingers. Add some vinegar to the caustic solution to deactivate it, and add some cold water to the pot. Pour off the liquid and add the drained fibres to a bucket of fresh water. Rinse well by agitation, draining and rinsing two to three more times in fresh water. Dispose of waste water thoughtfully, not down the drain or near food plants. When the fibres are not producing any stained water, they are ready to beat. The net bag is useful for this process.

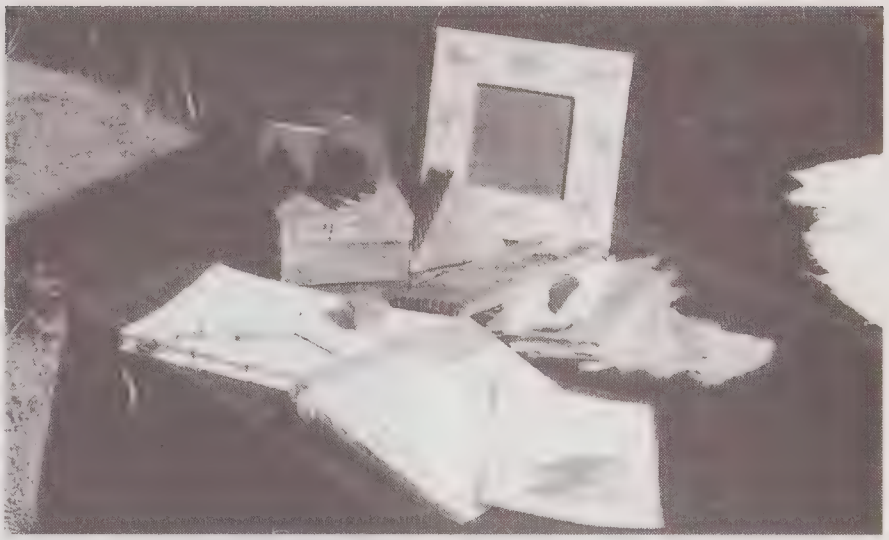
BEATING THE FIBRES

Fibres can be beaten in the blender, a little fibre with lots of water, or by hand. This leaves fibres long and frays rather than cuts them. It is time consuming, but *very* satisfying, and is the more traditional approach. Various stampers and beaters can be devised, or again, use a Hollander beater if you have access to one. Test for evenness and fineness of pulp by placing a spoonful in a glass of water and stirring it. If there are no large clumps, the pulp is ready for forming.

FORMING THE SHEETS

To form your fibre paper, proceed as for recycled paper pulp. There are products available from paper making suppliers which allow pulps to be formed more easily. Called formation aids, these products slow the draining rate of the water, which becomes more viscous and allows the fibres to mesh together more evenly.

Pressing and drying can be done as for recycled paper. However, some fibres have a greater shrinkage rate than others and may be better placed on perspex or glass, or even plywood, to dry, as is done in the Orient. Paper is made there in a slightly different way, using a slightly different mould. Sheets are formed and couched directly onto each other, and pressed. They are then brushed onto a flat surface to dry in the sun. Experiment and have fun!



Homemade paper can be made into cards, book covers, boxes and frames to create unique gifts.

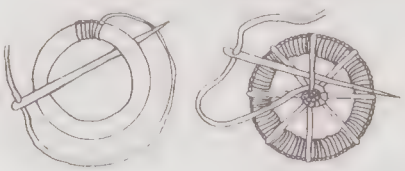
◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

DORSET BUTTONS

Dorset buttons look great on handspun garments and are easy to make.

To make a button you will need: a curtain ring or a suitable, washable ring; a long length of yarn that is not too bulky, either 2.5 metres for a large ring or 1.5 metres for a small ring; and a tapestry needle.

To begin, buttonhole stitch firmly around the ring to cover it, taking in the tail of the yarn with the heads of the stitches to the outside. Then, turning in the heads to the inside, make sure the ring is well covered; do a few extra stitches if necessary. By winding the thread across the ring make eight spokes or more if needed. To secure the spokes, cross a few stitches in the centre. To cover the whole face of the button, starting at the centre, backstitch over each spoke onto the next. When the whole area is covered fasten the thread at the back. The remainder of the thread should be left to attach the button onto your garment.



Fresh Bee Pollen

Bee pollen nutritionally supports the body in many ways including assisting with vitality and a feeling of wellbeing.

450 gram pack $13.95 inc GST and p&p
1.9 kilo pack $45.95 inc GST and p&p
Larger amounts @ $16.00 kilo + GST and p&p

N Tobin
15 Montebello Drive, Salisbury, SA 5108. Ph: 08-8285-2559
beepollen.com.au

"WILD MAY"

PESTICIDE FREE FRUIT FLY CONTROL

Wild May Essential Oils have developed a nontoxic method of fruit fly control. It may be used by organic & commercial farmers wishing to reduce, & eventually eliminate, the use of pesticide to achieve the following:

- REDUCE OR ELIMINATE PESTICIDE SPRAYING
- REDUCE LEVEL OF PESTICIDE RESIDUE
- OPEN UP DOMESTIC & EXPORT MARKETS
- DRAMATICALLY REDUCE COSTS OF FRUIT FLY CONTROL
- MAINTAIN OTHER BENEFICIAL INSECTS
- MAINTAIN A HEALTHY, GREEN & CLEAN ENVIRONMENT

100 Hoff Street, Mt Gravatt, Qld 4122
Ph: 07-3349-5283 Fax: 07-3420-3245
Mob: 0414-297-996 Email: wildmay@powerup.com.au

A Simple Soap To Make

by Suzanne Wilkinson, Nilgen, WA.

Soap making is probably our most frequently requested topic. Though we've tackled it many times, new readers are still asking for recipes and help. Here's a simple method for beginners to start with.

Making your own soap is an interesting experience, not at all difficult, and highly addictive. I attended a one-day workshop four years ago because I was curious, and now I can't stop. I make so much I can supply my adult children with all the soap they can use. I experiment with all sorts of additives, just to make it more interesting, but all you really need is oil or fat, caustic soda and water.

You could, of course, buy one of those big glossy books with the beautiful coloured photos. Many of the soaps described therein have added ingredients such as goats' milk, ground almonds, egg yolk, aromatic oils and even chocolate. They are very impressive and make wonderful gifts, however, if your reason for making your own soap is to save money, expensive ingredients are defeating the purpose. Simple ingredients from the supermarket are all you need.

Copha is coconut oil, Frymasta is palm oil, and olive oil needs no explanation. You can also use animal fats, but I don't for personal reasons. This recipe will give you four or five good-sized cakes of soap, for approximately $4.40 (oil), $3.20 (copha) or $2.55 (Frymasta).

BASIC RECIPE

500 g (by weight) olive oil, copha or Frymasta, or combination

200 ml purified water

70 g caustic soda (sodium hydroxide 98 percent)

Note: You must be careful to use 98 percent sodium hydroxide. Drain cleaners are *not* 98 percent.

You must always use glass or plastic utensils and moulds. Steel and aluminium will corrode and affect the result.

Measure water into a deep plastic or glass jug. Very slowly add caustic soda, stirring constantly. This will cause the water to heat and fumes will rise. It is important to wear rubber gloves, goggles, and a scarf around your nose and mouth (unless you are good at holding your breath). Stir until soda is completely dissolved. This solution is called lye, and is *very* caustic. If you splash some on your skin, rinse thoroughly with vinegar to neutralise the acid. Leave solution to cool to between 35 and 38° C.

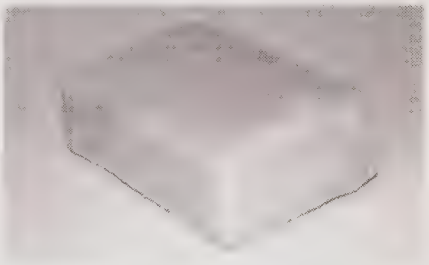
Melt and heat fat or oil to between 35 and 38° C.

When both mixtures have reached the same temperature, very slowly and smoothly add the lye to the oil, stirring gently. This mixture needs to be stirred until opaque and slightly thickened, anywhere from 15 minutes to an hour. It is also caustic and will burn if splashed onto your skin. Using olive oil will take much longer, perhaps a day or two, however, after the solution is thoroughly mixed, about an hour or so, it need only be stirred once every few hours until thickened.

Pour mixture into moulds. The easiest mould is a milk carton, which has the added benefit of giving you a good-sized soap. Cover mould with cling wrap and keep warm until soap solidifies. The best place for this is in an Esky.

Check soap after 24 hours (olive oil soap, 48 hours); it should be set but not hard.

Wearing rubber gloves, remove soap from mould. If using a milk carton, peel cardboard from soap. Lay soap on a cutting board and cut into desired size blocks with a fine sharp knife or cheese cutter. Leave soaps to cure for five weeks. This is necessary as the soap takes this time to convert the caustic and will burn your skin if used earlier. You will see a powdery



layer on your cakes of soap when they are cured. This is sodium carbonate, which can be drying for your skin. It can be rubbed, peeled (with a vegetable peeler or knife) or even rinsed off.

Olive oil soap, also known as castile soap, is an ideal baby soap and also makes a wonderful shampoo bar. It won't lather like shampoos (which have chemicals added to make them froth), but will clean your hair without stripping it of oil as some detergent-based shampoos can do. You will also find that your homemade soaps are not drying to your skin. Before I started making my own soaps I would never wash my face with soap because I didn't like the taut feeling it gave. However, I now use soap on my face all the time.

If you wish to try soaps with perfumes, colours and other extras, there are always books in the craft section of libraries and bookshops. A search of the Internet will bring up many enlightening websites. Soap makers are a generous bunch of people and on the Internet you will find many interesting recipes and ideas. These include such intriguing recipes as soap crayons, liquid soaps, bubble gel and even microwave or crock pot soaps. Once you start making your own soaps, the only limit is your imagination.

For other soap making articles see GRs 58, 66, 67, 68, 69, 100 and 126.

GARDEN BOUNTY

Privet

by Cheryl Beasley, Robina, Qld.

Privet is an easy shrub to grow and can be quite vigorous. Position it in a sunny spot and mulch to reduce weeds. It can be grown in pots and pruned to traditional shapes. The sweet smelling flowers are used in cosmetic preparations that are good for dry skin and especially soothing for sunburn.

PRIVET FACE LOTION

½ cup privet flowers
2 cups water
1 tbsp witch hazel

Simmer the flowers in the water for 10 minutes then remove from the heat, leave to cool then strain. Add the witch hazel and keep in the fridge.

PRIVET AND YOGHURT PACK

1 tbsp privet flowers

2 tbsp plain yoghurt
¼ tsp glycerine

Combine the ingredients and spread evenly over the face. Leave for 20 minutes then rinse off with warm water,

SOOTHING OIL

3 cups privet flowers
2 cups olive oil

Pour the oil over the flowers and leave in a sunny spot for two weeks. Strain and use as a massage oil for all the body, or add to the bath water.

PRIVET INFUSION

1 cup privet flowers
1 lt boiling water

Pour the boiling water over the privet flowers and leave to steep for four hours. Strain and use the infusion as a hair rinse, a soothing toner, or for easing the sting of sunburn.

QUICK TOILET WATER

2½ cups privet infusion
1 tsp glycerine

Place ingredients in a bottle and mix by shaking. Use as a soothing wash over the entire body.

Rare Opportunity For Rare Breeds

Large Black Pigs – docile, free range, lovable.
Hardy animals to suit small acreages.
Pregnant sows and piglets for sale
(5 bloodlines)

Samaria Farm – Benalla, Vic.
Phone Sue or Don 03-5768-2225
RMB 1687, Samaria Rd, Benalla 3673

Money is the root of all good.

For all money is blamed for, it can also be a powerful force in making a positive change. | By putting your money with Australian Ethical Investment, you are investing in portfolios dedicated to benefit society and the environment. | They're also the longest established ethical fund manager in Australia. | *Where is your money going?* |

PHONE 1800 021 227 FOR INFORMATION OR VISIT WWW.AUSTETHICAL.COM.AU

Applications for investment can only be made on the form contained in the current prospectus or superannuation offer document which is available from Australian Ethical Investment Ltd. Past performance may not be indicative of future returns.

ABN: 47 003 188 930

AUSTRALIAN ETHICAL
INVESTMENT & SUPERANNUATION

Fibreglassing Is Easy

by Trever J Wilkins, Russell Island, Qld.

These days, if you can make a cup of coffee, cut cloth with a pair of scissors and paint a cupboard or a chair, then you can build with fibreglass. You can now buy water-clear, Australian-made fibreglass epoxy resins that no longer carry a dangerous chemical warning on their labels, and mixing them is no more difficult or dangerous than making a cuppa. I can remember what seems like only a few years ago, when I lived in crowded suburbia, suffering countless guilt trips from the fact that my (very understanding) neighbours had to close their windows every time I opened a tin of fibreglass resin.

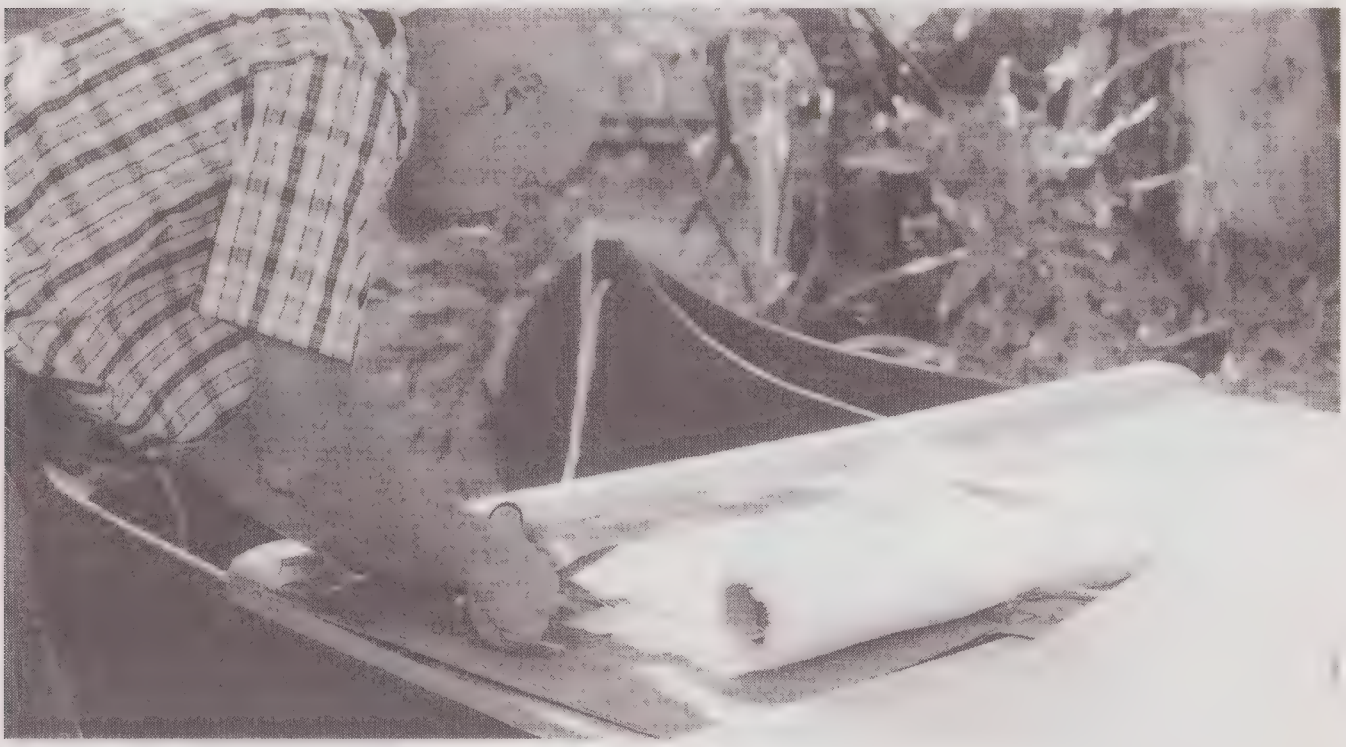
Designing the perfect canoe has been my lifetime hobby and Holy Grail. I want stronger, lighter, and therefore faster, canoes, so I always search out and use the very latest developments in ultralight aircraft technology to make ultralight canoes.

In the pre-epoxy days my old neighbours had to put up with the disgusting smell of polyester resin. Today I use only the latest state-of-the-art epoxy resins. These fibreglass resins are completely odourless and nonflammable, and cleaning up can even be done with common household vinegar. Imagine that! No more need for expensive, inflammable, smelly acetone or automotive lacquer thinners. Hooray, how times are a-changing.

Epoxy resin sets rock hard, like a thick coating of glass, over almost any surface you choose: wood, metal, concrete, stone, plastic, rope, polystyrene foam, cork, cotton and synthetic cloth, or even a composite of all of the above. Of course, let's not forget fibreglass cloth, originally designed for use in the boat building industry.

It has been said that today's fibreglass epoxy resins will outlast the pyramids. Once epoxy resin is chemically fused with fibreglass cloth laid over and bonded to foam and/or plywood, you have the lightest, strongest, most corrosion-proof structure ever devised. Consider also that epoxy resin is definitely the ultimate bonding agent of all time. It can just about literally be used to glue anything to anything. Then, for the creative artist, designer, inventor, renovator, builder or farmer, epoxy resin can definitely be the answer to all their water-proofing, structural and building problems and challenges.

Today's state-of-the-art business and fighter jets are built from composites of wood veneer, carbon fibre, foam, plastic and epoxy resin. But anyone can buy epoxy and it is not too expensive: comparable to top quality house paint. The phone book has lists of firms that specialise in selling epoxy resins and fibreglass cloth. I know several professional boat builders who will sell me small amounts if I bring my own tins and don't take up too



Trever is dedicated to building the perfect canoe and happy that modern epoxy resins make the achievement of that goal easier and safer.

much of their time. These very busy tradespeople get discounts by buying their materials in bulk and I value their advice which is first class, and free.

The epoxy I use comes in two parts and, once mixed, has a pot life of 10 to 15 minutes – depending whether you live in Kosciusko or Coolum. Curing time depends on variables like temperature, humidity and altitude. For this reason part B, the hardener, comes in three different curing speeds: normal, slow and fast. Which one is right for you? This is where advice from professional fibreglassers working in your area is invaluable.

Some people apply their resin with small sponge rollers, but I prefer to use brushes, ones with white or light coloured bristles. These bristles are invisible inside set resin, and I'm still to meet the brush that does not drop bristles. I remember a most expensive paintbrush deciding to 'moult' just when my resin was getting hot in the pot.

Epoxy resins increase in temperature just before they set, a neat inbuilt warning for you to get moving or end up with a brush stuck in a tin of rock hard (and very hot) resin. This is why I never mix any more than about half a coffee cup by volume of resin at any one time. If I want to glue together something small, like a broken wooden or plastic door handle, then I mix only about half a teaspoon. Too easy.

Fibreglass cloth comes in different weights. I find four-ounce cloth perfect for my canoes and canoe-marans. Some boat designers use fibreglass tape to bond their joints. This tape is also sold in rolls. I prefer to cut strips of cloth for the same job, overlapping the joints as I go.

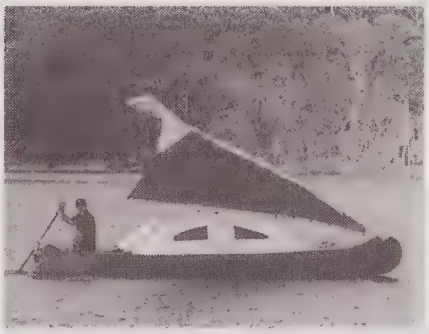
Start A Profitable Mail Order Business From Home For Around $200

- ✓ Comprehensive Success **Manual**
- ✓ Tutoring (double) **Video** – instant information
- ✓ **Audio** with written guidelines
- ✓ Practical Tasks for **speedy results**
- ✓ Useful/Relevant Business **Resources**
- ✓ HOT Ready to Sell Start Up Products
- ✓ Customer Tracking Database **Software**
- ✓ Support, **Advice** and Guidance
- ✓ ***Supplementary Material Provided***
- ✓ *Precise Instruction, NO FLUFF*
- ✓ Australian based – NO overseas info
- ✓ Unique & Genuine – proven by Aussie operators
- ✓ Not MLM, Not on-selling, Not a licence
- ✓ Real Opportunity from Real People

FREE Info PH or FAX: 03-9753-5221 – 24 hrs
potentialplus@hotkey.net.au

Potential + Plus Publishing ABN 18 068 992 450 (9 Oma Street, Ferntree Gully, Vic 3154)

A genuine offer, and at a price you CAN afford, find out today if Mail Order is for you.



Fibreglassing is ideal for canoe construction.

To fibreglass a right-angle plywood joint I simply cut a piece of fibreglass cloth or tape and place it over the corner joint and use a 30-millimetre wide brush to stipple (paint with a daubing motion) the mixed resin into the weave, soaking it right into the wood. Just as with any sort of brush painting, a light sand between coats will give a better finish. If you are a perfectionist and want a piano-like finish, you should think microscopically: wait for the epoxy to dry, rub off the mountain tops and then recoat, filling in the valleys.

The fibreglass cloth will be totally invisible beneath a glass-like epoxy finish. Finish all your brush strokes in the same direction; the lighter the strokes, the better the finish. Just as with paint sanding, don't breath the dust. You should always wear a properly designed dust mask. Vertical surfaces are best covered with several light coats, wait for the resin skin to become tacky, then apply another (freshly mixed) thin coat. If you allow the resin to dry between coats, you will have to sand the glossy glass-like surface before a second coat will properly adhere.

Special products have been developed such as 'wood powder', micro-balloons and spheres, which, when added to mixed epoxy, thicken it to a gap-filling custard or even putty consistency. One drawback, however, is that the epoxy is no longer clear. Wood powder turns it red and micro-balloons turn epoxy white. Warning: Always wear your face mask. These powders are microscopic air-filled balls of silica that float in the air and will cause lung cancer if breathed in. And this is why I never, ever, use them.

Most epoxy breaks down in ultraviolet light and turns yellow with time. If you want a clear finish, say on a boat or outdoor furniture, finish the job with a thin coat of UV-proofed and hard wearing floor varnish. After a lifetime of experimenting I have yet to find a better or cheaper base construction medium to use in my canoe designs than common (but fantastic) plywood.

Plywood Nile River canoes (basically an Eskimo kayak without a lid) have been found in Egypt's excavated tombs. Wood veneer, what we like to call plywood, was first invented by the ancient Egyptians for use in furniture and boat building. They discovered over 3000 years ago that thin strips of wood glued with their grains at right angles to one another were many times stronger than solid wood. Who was it said: 'Study the past to find the future'?

We only have to go back as far as World War II to find that the fastest boat and plane from that period were made from (you guessed it) wood veneer, plywood. The English Mosquito bomber and the American PT boat were both light, fast and invisible to radar. Imagine if the aircraft and boat designers of that period could have had access to the epoxy resins we have at our disposal today. Those boats would still be in the water and the planes still in the sky.

So, don't be afraid to use humble, inexpensive and fantastic plywood – married to today's fabulous epoxy resins – and fibreglass, the next time you feel your creative juices beginning to flow. And don't be afraid to give Uncle Trev a call and let him know how it's all coming along.

Trever can be contacted on: 07-3409-1960.

COLLOIDAL SILVER
Nature's Antibiotic

Effective against 650 Bacteria and Viruses
For Humans, Animals & Plants
Free Info pack on Colloidal Silver & how to make it for free.

K.R.C. Health Solutions
PO Box 502,
Mermaid Beach Qld 4218
Ph: 0409-511-321
www.krchealth.com
email: info@krchealth.com
28 TAMBORINE ST, MERMAID BEACH, 4218

Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Post them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

NEWBORN LAMB LOSS

We're very upset; we've just lost a lamb from one of our pet ewes and are sure it's our fault, not from neglect but from over-zealousness. The ewe lambed without problems and we were all so excited we rushed out into the paddock to admire the newcomer. The end result is we don't think the lamb suckled immediately and, unfortunately, the day got progressively colder and it appeared death probably occurred from chilling and weakness. As we're rather inexperienced we talked with a farming neighbour and his summing up of events was death from exposure and mismothering. We have another ewe we think is in lamb, but not due for weeks. Please, some advice so we don't botch things up this time. Thanks for the opportunity for complete beginners to ask silly questions without fearing ridicule or mirth.

Adele & Tony Hill,
BENALLA 3672.

Birth is such an exciting and overwhelming experience it's not surprising you rushed out to admire your ewe's tiny offspring. It's likely the ewe was having her first lamb and wasn't as confident or experienced as those with a few joinings behind them. This helps account for why the lamb wasn't more closely protected and encouraged to feed by the mother. You may not have realised, but ewes establish a birth site prior to lambing, the parameters of which are loosely marked through restless pawing of ground by hooves and by urination. Ewes will wander away and return to this site in the hours before birth. Then, during the birthing process, the site is further marked by trampling and by liquids and afterbirth expelled during the birthing. The site is important for aiding bonding, especially with multiple births, and it has been found that if a lamb wanders outside the site in the first couple of hours it may not receive the necessary post-birth licking by the ewe and suckling of colostrum, the first milk, and so may perish. Ewes stay at the birth site for from two to six hours on average, Merinos spending only a couple of hours and British breeds up to six hours. It is essential to allow ewes and lambs time to get to know each other, the prime way being via odours emanating from the wool and from secretions in the lamb's perianal region. Being aware of what's involved in lambing and the importance of a long bonding period, it is likely your ewe and her offspring were interrupted before smell recognition was established and, without the security of the birth site to assist the bonding, the lamb was either abandoned or became weak through insufficient suckling and lost the will to live. You will know to keep away next birthing and use binoculars if you want to see more of the action or the littlies. Allow at least six hours before approaching the ewe, unless she gets into difficulties when giving birth. Good luck and lots of strong lambs in the future.

CHOOKS AND POLYSTYRENE

I accidentally left a polystyrene box in my chook pen. The chooks avidly ate the polystyrene. The box disappeared in a few days. Why would polystyrene be so attractive to the chooks? It did not seem to affect them or their eggs in any obvious way.

Ian Simons,
HELIDON 4344.

We covered this issue back in No 104, page 35, so refer to it if you have this back copy. Briefly, if you are keeping hens for eggs, be aware that what they eat may be passed on via the egg. The chemical make-up of polystyrene is undesirable for both birds and those eating the eggs, and, although no obvious effects were observed, it's not to say there won't be a build-up in the hens' bodies over time. If you're not prepared to eat polystyrene, do not let a food-producing bird or animal eat it either. Poultry peck at all things in their environment and the yielding nature of polystyrene encourages them to continue. Remove the temptation and the problem won't recur.

Poultry Breeders

We're looking for purebred breeders of the different poultry species to list in our next edition of the *Poultry Breeders Directory*.

Send a stamped SAE for an entry form to: Poultry Directory, PO Box 117, Seymour 3661.

ALTERNATIVE THERAPIES FOR ANIMALS

$90 Pet Power Pack First Aid Kit
$95 with flea, worming & heartworm prevention, plus book.
$30 only for flea, worming and heartworm energy.

Please contact Jackie Fitzgerald for other products available.

Jackie Fitzgerald: Homoeopath, Herbologist, Reiki Master.
Shop 4, 658 Pittwater Rd, Brookvale, NSW 2100, Australia.
Ph: 02-9939-0410 Fax: 02-9939-0404 Mobile: 042-778-8858

ECO NEWS

FOOD WASTE RECYCLING

Food scientists at the University of Western Sydney have invented a method of separating and purifying the nutrients in waste products from food manufacturing. Each year billions of litres of this waste, containing many vitamins and minerals, has been thrown away. The technique was perfected in cheese manufacturing by separating nutrients from whey, traditionally either converted into low-value lactose or whey powder, or discarded. The new system recovers pharmaceutical-grade lactose as well as whey minerals and calcium salts. The technology can now be adapted to other food manufacturing industries, allowing zero discharge standards to be met. A bonus is that water currently wasted during food manufacturing can be recovered and purified, reducing production costs and improving the sustainability of the industry.

NATIONAL HERITAGE TRUST FUNDING

Across Australia funding from the National Heritage Trust, through the Federal Government's Envirofund, is helping farmers and community groups make real progress towards environmental sustainability. Salinity is recognised as a major environmental and agricultural issue. Envirofunding is educating children about salinity and its effects; helping farmers protect remnant vegetation, replant appropriate native species and establish salt-tolerant pasture species; decommissioning old bores to protect groundwater; building drainage systems and making irrigation more efficient.

Another major area to benefit from the Envirofund is control of environmental weeds such as bridal creeper, lantana, mimosa and willows that are threatening native biodiversity in many locations nationwide. Funding is being used for research into possible biocontrol agents as well as on-ground control works.

For more information about the Envirofund ph: 1800-165-823, or visit: www.nht.gov.au/envirofund

SAM, the two-seater electric micro car.

ELECTRIC MICRO CAR

Production of a tiny electric-powered car for the Australian market is planned to begin later this year. A prototype vehicle has been generating interest, and forward orders, at environmental expos for some time. The vehicle, named SAM, is made from moulded plastic body panels attached to a strong frame. The body is very light but strong. The chassis, of box-section aluminium tube, serves also as the housing for 14 batteries. Full charge time is six hours and the range is 80 to 100 kilometres. Total weight, including batteries, is 695 kilograms. The vehicle's low centre of gravity gives it stability. It is designed to seat two, one behind the other, and incorporates three-point safety belts and integrated roll bar.

For more information ph: 03-9455-3167.
Email: sam@techinfo.com.au
Website: www.sam.net.au

TORTOISES UNDER THREAT

Turtles and tortoises have been on earth for about 250 million years, predating some of the dinosaurs. Now, as a result of human activities, two-thirds of the world's 300 tortoise and freshwater turtle species are threatened with extinction. As well as the usual culprits of development, habitat fragmentation and destruction, pollution and feral predators, these ancient creatures are prized as sources of food and medicine in some Asian countries. Tonnes of live turtles per day, amounting to 10 million animals per year, are imported to southern China from Southeast Asia and other areas. The Turtle Conservation Fund, based in the United States, is aiming to raise nearly $9 million to fund a five-year project to save the animals.

DROUGHT & GLOBAL WARMING

A recent report by WWF Australia and Monash University meteorologists has linked global warming to the severity of the 2002–03 drought. The report also blames drier conditions and higher temperatures for the increased bushfire risk, with temperatures and evaporation rates being significantly higher than in previous drought periods. Rainfall for March to November 2002 was only 50 percent of normal, making the year's rainfall the lowest for 50 years. Australia's average daytime maximum temperature was 1.6 degrees higher than the long-term average and 0.8 degrees higher than the previous record average. This was the first drought where the impact of human-induced global warming could be observed. Worldwide, 2002 was the second-hottest year ever recorded.

GREAT BARRIER REEF

In a recent study scientists analysed coral core samples to reveal 250 years of environmental changes on the Reef. A major finding was the increase of sediment flowing onto the Reef via rivers and streams since European settlement. Scientists estimate that farming is responsible for a 5- to 10-fold increase in the Reef's sediment load. The impact of the sediment increase is still being debated, but most experts agree it leads to an increase in undesirable algal growth and diminished light that makes it more difficult for the coral to feed. A prominent reef researcher maintains that sediment kills reefs, that everywhere in the world where there is major land clearing and degradation offshore reefs suffer. Despite the fact that the Great Barrier Reef is still considered to be one of the world's healthiest reefs, continued stress as coastal populations increase and global warming impacts points to a worsening situation for the future.

FEEDBACK LINK-UP FEEDBACK

Dear Megg & Mary,

For the past few years I have been making my own fresh yoghurt, with the aid of a product called EasiYo. The EasiYo yoghurt maker is available at most large supermarkets, and costs about $23.55. The packets of yoghurt base come in various flavours including plain and low fat. They are free of artificial ingredients, make up to one kilogram of yoghurt and cost between $2.40 and $2.50 per pack.

The yoghurt is so simple to prepare and can be kept in the refrigerator for up to two weeks. It is far superior to the usual brands that are available in the dairy section of the supermarket.

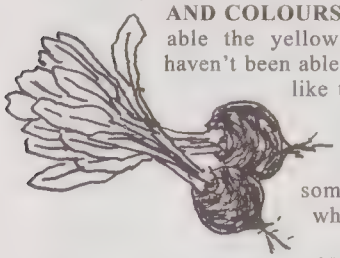
I'm including a couple of recipes using fresh yoghurt. To make Cucumber Yoghurt Salad, place in a bowl 1 long or 2 small Lebanese cucumbers, thinly sliced; 2 spring onions, finely sliced; ¼ cup chopped red capsicum; ½ teaspoon ground black pepper; ½ teaspoon curry powder (optional); ½ teaspoon salt (optional); ½ cup plain yoghurt (more if desired). Mix well, cover and place in refrigerator to chill.

To make Potato Muffins, preheat oven to 200° C and grease muffin pans. You need 1 cup of mashed potato, 1½ cups of milk (skim milk can be used if required), 2 eggs, ½ cup of fresh plain yoghurt, ½ cup of finely chopped spring onions, 2½ cups of self-raising flour, 1 teaspoon salt. Blend potato, milk, eggs and yoghurt. Stir in chopped onions. Fold sifted flour and salt into wet mix. Place in prepared pans and bake for 20 – 25 minutes.

Maggie-May,
PO Box 367, MORWELL 3840.

Dear GR Readers,

I recently read an article about the different **VARIETIES AND COLOURS OF BEETROOT**. I have available the yellow 'mangold', but unfortunately haven't been able to get any other colour. I would like to grow one of the striped varieties, but have had no success in finding seeds. I will gladly pay for seed and postage, or perhaps someone has information about where I might find them.



H Kent,
28 Trevor St, BEACHMERE 4510.

Dear GR Folk,

Well, there we were in the middle of drought and bushfire. I was intrigued to pick up a copy of GR from exactly 10 years ago (GR 94) only to find Megg bewailing floods, water covering roads etc! How things do change.

Thanks to all you lovely people sharing your ideas and info. Here's a bit from my experience. At one time we were unable to travel the 135 kilometres to supermarkets and health food stores. Ouyen, which is only 35 kilometres away, is still waking up to those weird things called 'health foods', so I had to start **BUYING BY MAIL**.

The cold-extracted honey I needed could be bought direct from Freedom Foods, 03-9553-5155. Don't try now, the honey is temporarily unavailable due to the drought.

Pharmacy Direct, 1300-656-245, in Sydney has an extensive range of vitamin and mineral tablets, and good prices.

I found a health food store in Melbourne that does mail order: Evelyn Faye, 1800-630-261. From them I was buying amaranth, dolomite, bourghal, linseed, tea tree toothpaste, tea tree lozenges, soya mayonnaise, pawpaw ointment – just about anything. In fact, now that we can get to Mildura again, I still buy amaranth, dolomite and tea tree lozenges from them, as our supermarkets don't have them.

We were even buying dried malt from Australian Home Brewing, 03-9568-7796, for the kids to eat on their breakfast.

I have a question for anyone who knows. Surely there must be a way to treat **CHOOKS WITH LICE** that doesn't involve poisoning myself or them? I would have used derris dust instead of the sulphur that was prescribed, except now that is on the dubious list also. Any ideas? My daughter and I have been dusting them with ash seeing as they don't seem to be doing it for themselves. It helps but is ongoing.

Christine McDonnell,
Munros Rd, WALPEUP 3507.

Dear GRs,

How wonderful you all are! Anyone know ex-students of **ARTHUR PHILLIP HIGH SCHOOL PARRAMATTA, NSW**, who attended in 1960/62? We are having a 40-year reunion! Where are you: Valmai Bowden, Dianne Haddon, Michelle Magennis, Lorraine Marsh, Heather MacKenzie? Does anyone know a relative of that surname perhaps? Do ring Alan Edwards (work) 07-5504-3202, or (home) 07-5531-1289. Thank you for any leads for our search.

Dorothy Pye,
55 Wilson St, MARYBOROUGH 4650.

Dear Grass Rooters,

First of all I wish to thank all the people who answered my queries regarding building with strawbales and our problem with thistles. The information I received was very helpful and also served to introduce me to other people and ideas, plus a whole lot of information on the computer of which I was unaware. Thank you all.

Our latest problem is of another nature. After spending the last 15 years hunting all over Australia for our ideal retirement property, we finally found what we were looking for in the Beetaloo region of the Southern Flinders Rangers of SA (a big tourist area of pristine bush and national parks). Within three months of purchasing our land and having done all the relevant searches, we discovered that a mining company wants to take over our land and surrounding bushland to mine it for magnesium. This was a direct turn-around as they had previously announced to one and all that they were going to bring it in from an already established mine, which was no threat to anyone.

We have formed an action group of local residents to lobby our politicians to stop this devastation and intrusion on our chosen lifestyle, but we need help as we only number about 30 in total and we're not very important as it's 'just bush'. I would urge all South Australians (indeed any other interstaters who know this area or have a similar problem) to contact me via snail-mail or email and help swell our numbers and give us a voice to be reckoned with.

E A Russell,
48 Billing St, WHYALLA PLAYFORD 5600.
Email: eilbp@optusnet.com.au

Dearest GR Readers,

I wonder if anyone would know a long-lost friend – **NINA LANDALFI**. She lived in South Australia and has three children – Lisa, Franka and David and her husband's name is David. I would love to make contact with her, she supported me a lot when I was going through a custody battle for 16 months.

Also, would anyone have any old or broken **WINDCHIMES** they don't want? I will pay COD. I have been going to op shops to get old beads and knick-knacks, as I like making them.

Also, can any GRs tell me how I can preserve garlic?

Would the GR reader, **EDDIE CASTELLAN, GR 156**, have an address as I have no computer?

Yvonne Landgrebe,
7 Roxburgh St, KANDOS 2848.

FEEDBACK LINK-UP FEEDBACK

Dear Megg & Mary,

I am wondering if you can help. I am looking to buy any **SHIRTS TO DO WITH THE ENVIRONMENT**. Any addresses would be helpful.

Shane,
PO Box 676, MACKAY 4740.

Dear Megg & all at GR,

What can I say, or add, that hasn't been said before about this wonderful and informative magazine? I have been a reader for so many years, it makes me feel old just thinking how far back we go! I'm writing mainly to inform Jane Smith from Kilsyth about **ELMORE OIL**. She can obtain it from: Linford's Elmore Oil, 118 Michie St, Elmore, Vic 3558, ph: 03-5432-6670, fax: 03-5432-6353. It contains all natural ingredients and, while I can't say about treatment for psoriasis, it is wonderful for arthritic pain. I do hope this helps Jane and other readers who might be interested. Thank you all for the hard work you do that gives so much help and know-how to so many people.

June Poelsma,
38 Boolarra Ave, NEWBOROUGH 3825.

Thank you to everyone else who sent in information about and contact details for this oil.

Dear GR Friends,

Greetings from the Land of Sand. During last summer any temperature under 40° C could be classed as a cool change; it has been a bit warm. During this last year the thorny wattles bloomed in profusion and made seed. This was a forerunner of worse things to come and now most of the *Acacia victoriana* through this arid land has died. Of course, it will burst into regrowth when we have sufficient rain, and a new generation of plants will grow.

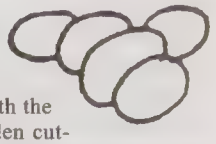
Recently, a reader was asking questions about a number of subjects, including **PRESSING COCONUT OIL**. I chanced to meet someone who told me that he had recently returned from the Philippines. He had been instructing villagers on how to extract coconut oil on a village basis using a process developed by CSIRO. The coconuts are split as usual and the meat scraped out of the shell. This could be done at the local market using a power-driven shredder that had a cutter on it like a rough pineapple. Otherwise, on a domestic level, a scraper like a spoon with serrated teeth would be used. The 'handle' of this would be screwed to a stool and the user would straddle the stool with the scraper between his or her knees and scrape the meat out.

Then it is spread on metal sheets over fires and heated until the moisture content is lowered. After that the oil is pressed out using a screw press that seemed suspiciously like the olive press that I described some years back and caused so much kerfuffle in the olive industry. After pressing, the meal can be used for domestic purposes. If anyone is interested in the scraper I can be contacted for supply.

Near the inception of GR I saw a number of inspirational ideas that have stood me in great stead through the intervening years. One was to **WASH THE SINUSES** out with warm salty water, administered by use of a small teapot. I have been able to pass this idea on to quite a few people who have complained about clogged sinuses. Another is the use of **CAYENNE PEPPER AS A FUMIGANT**. I was well aware of the effect of this on the eyes long before capsicum spray became the in thing for riot control. However, the pepper on the market nowadays is rather insipid compared with what it used to be, so I use desiccated hot chilli pods crushed up and burned. The mice, cockies and other vermin soon move out when the chilli smoke pervades the house.

Wally Davies,
CMB PARACHILNA 5730.
Email: Wallyd1@bigpond.com

Dear GRs,



BOILED FRESH EGGS are difficult to shell when you want to use them in salads or other recipes. This tip from my grandmother's time might prove useful. With the egg held between her fingertips on a wooden cutting board, she used a short sharp chop with a small meat cleaver to cut the egg neatly in two. It was then easy to spoon the egg cleanly from the shell with a teaspoon. Please mind your fingers if trying this method.

STORING FIREWOOD under the house is a foolish move, and could even void your insurance policy. I have adapted the old-tank-as-firewood-shed concept. I use old pallets and sheet metal from above-ground pool walls. I nail or screw the metal to a solid end of the pallet, bend the metal in a curve and attach it to the other side of the pallet. The firewood sits on the pallet, under cover of the metal, stays drier and burns better.

When extended periods of hot dry weather result in reduced **EGG PRODUCTION** and slow chicken growth, turning the poultry pellets into a moist mash has XLNT results.

Ken Woods,
79 Blake St, SHOREHAM 3916.

Dear Grass Roots,

Well it's been a long time since we wrote to you – and all the readers – and the magazine is still going strong as a great self-sufficiency resource! Many years ago we wrote to you all asking for advice about home schooling. The response was wonderful, and we were encouraged and inspired by the support we received. So of course, now, when we once again have a dilemma, we're writing to Feedback.

We have a 20-acre block, where, for the past 30 years, we have lived as self-sufficiently as possible. We have a large flock of free-range chooks, a few dairy goats, four Basenji dogs, a few ducks and a large vegie garden. We are off the electric grid and enjoy kerosene lamps, a gas fridge and a wood stove supplemented with a gas ring. Our house is small, warm and comfortable, and we have black and white TV, and radio.

What we need is a **RELIABLE FARMSITTER**! We generally have two holidays per year; a long weekend (OK, four days!) at Easter and three days in September. Is there anyone out there who can milk a goat, feed chooks and collect eggs and feed dogs (they will be in a dog run), who would like a few days in the bush? Our place is in box-ironbark forest near Castlemaine, Victoria, with two borders on the new Heritage National Park, and is extremely quiet and secluded. If it works out we would like to negotiate a longer time occasionally, as we love to travel. So how about it guys?! Fresh vegies, milk, eggs, fruit in season, bushwalking, beautiful forest, about 1.5 hours drive to Melbourne. We can offer a small fee as extra inducement, and we have beds for five people in our house. It would help if you understand pumps, and you must be able to milk a goat (or a cow, it's not much different). The world being what it is we would need some references and ID. And it would be needful for you to come for a visit first, so we can get to know each other. Well I guess that's it, we've thrown our bread on the waters and now it's up to you!

Mischael & Linda Marold,
PO Box 54, CASTLEMAINE 3450.
Ph: 03-5473-4362.
Email: lindamarold@yahoo.com.au

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

I'm writing to let you know that I've enjoyed your fine magazine for many years now. Keep up the great work. I wonder if you could answer a question for me though. It's about the 'regulars' articles. Megg Miller is credited with 'Gumnut Gossip' and 'Down Home on the Farm', but who writes the rest of them? Could we have some names, and maybe even a few faces occasionally? *Grass Roots* is all about community, so I (and I'm sure other readers) would appreciate knowing the 'regulars' who make up the *Grass Roots* community. I look forward to receiving your response!

Horrie North,
33 Hearn St, ALTONA NORTH 3025.

Horrie, the other regular pages are compiled by our versatile GR team in the office, with changes in compilers being made from time to time depending on areas of interest/abilities and staff turnover. Currently, our fabulous 'Kids Page' is written and drawn by Jen Davies, who resigned a few years ago to add to her own family; 'Eco News' and 'Round the Market Place' are written by Mary; 'In The Kitchen' and 'Recent Releases' by Suni, and 'Livestock Health and Management' by Megg, who also draws on her wide range of contacts for specific expert advice.

Dear Grassrooters,

I wonder if any readers happen to have any spare seeds or seedlings of an old-fashioned perennial shrub known as the **SWAN PLANT** (*Asclepias physocarpa*). I am establishing a wildlife friendly garden and part of it includes a number of butterfly attracting plants. This species is the host plant of the caterpillar of the monarch butterfly, and I have fond memories as a child of watching these spectacular insects emerge from their golden pupal cases, as well as having a miniature pond inside the house with the miniature 'swans', the inflated hair seed capsules, floating about.

I would be happy to reimburse anyone kind enough to send material through the post, or to collect them myself if they happen to be in Melbourne or Central Victoria. I have had no success so far in finding a retail outlet that stocks this plant.

Philip Wilson,
23 Lavender Farm Rd, WOODEND 3442.

Dear GRs,

Two hundred years ago around 60 percent of folk worked the land, it is now down to two percent and falling. The agricultural revolution commenced with new technology like Jethro Tull's (an Oxfordshire farmer who invented the drill about 1785) seed drill. This sophisticated machine made lines of people moving across the land scattering seeds redundant. It now required only one man, a horse and the drill.

The revolution continued with other inventions and fewer and fewer people were needed. At the present, there is still some seasonal work available, such as fruit and vegetable picking, and shearing – also a seasonal job and very skilled.

The fact of life is that most work is now found in cities and larger towns. Another truth is that lifetime employment with one company or organisation is now history. Work is now quite often precarious, never quite knowing who's next for downsizing. Also, a considerable number of jobs are casual or part time. So if you lose one, nearness to another is advisable. Reasonable travelling distance and affordable housing are essential. Older folk and young children frequently need medical services. This all means that leaving the big smoke for that Arcadian vision needs careful planning. It must be admitted, the big smoke does still have a clean air problem, however, it is much better than it was. Car makers have greatly improved exhaust emissions; slowly but surely fuel-cell hydrogen, petrol/electric cars will eventually take over from the internal combustion engine. These revolutionary systems promise nothing except water vapour. Yes, they will do nothing about the congestion that blights all cities. Nearly every city that abolished trams has since regretted it. It is now widely acknowledged that buses are far inferior to trams as a system of public transport. Restricting car use is one enormous political hot potato; no one wants the job and to accept it is to be handed a poisoned chalice.

Folk who simply must leave the city need to be really, really, really sure they'll have the time, the energy and the commitment to do justice to their self-sufficient paradise and that there is access either to paid employment or home-based work. Otherwise, why not consider an ecovillage or perhaps an ecoestate? These new estates intend to generate their own electricity, recycle waste water, have compost toilets, and an area is set aside for growing vegetables. There are few of these at present, but demand creates supply and I think they're the future.

Finally, military wisdom states – **'TIME SPENT ON RECONNAISSANCE IS SELDOM WASTED'**, and if you think about it this also applies to other spheres of life. Simply put, find out what's going on, check things out, look before you leap, do the research before embarking on a move to the country.

Alan Stewart,
12 Weymouth Place, ALEXANDRA HILLS 4161.

Dear Megg,

For the person who wrote in about the **SMELLY TOWELS**, I read somewhere that a half a cup of white vinegar in the rinse water will do the job. Sometimes also, on the back of washing powder packets or liquid they do have a free call number for a laundry advisory service. I have used them myself a number of times with questions I had.

Dorothy Faulkner,
12 Panorama Drv, BENARABY 4680.

Hi Megg & Mary,

To make **ROSELLA JELLY** take 1 kilogram rosella calyxes, seeds removed, water and white sugar. Cook rosella calyxes until soft in just enough water to prevent them burning. Strain juice through muslin-lined strainer and add a similar volume of sugar (1 cup sugar to 1 cup juice). Return to saucepan and heat gently, stirring to dissolve sugar. Skim off scum. Boil until a little from a teaspoon gels on a cold saucer.

To make potting mixture use 1 part loam, 1 part perlite and 1 part coarse river sand mixed well. To grow cuttings, mix 1 part peat with 2 parts coarse river sand. Add a matchbox full of lime to each lot. If you are going to sterilise the soil, add some blood and bone and mix very well. To a 10-litre bucket I would add a matchbox full.

Michelle Hunter of Thornbury, Victoria, can find all the information concerning moving houses by reading the classified pages of the *Weekly Times* in the country property section. It depends on how much you want to spend, but after living in a home that had been moved to a site I would suggest building your own because the flooring is not as even as a built home. The council will require an amount of dollars from you to make sure you paint the property, and you have pitfalls in regard to the plumbing too. Then you have the cost of moving it to your property, that does not come cheap. Plus, you do not get any seven-year warranty as you do when building a new home.

Colin J Law,
Email: colinjlaw@yahoo.com.au

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots & Henrietta,

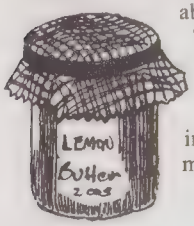
Thank you for your arthritis and pain liniments. With regard to your **TERMITE PROBLEM**, you would be wise to obtain professional help with the use of arsenic – both of which are very costly. Since the removal of dieldrin from the market there is no longer a reasonably priced product available to householders that is effective for a prolonged period. Arsenic is used by pest controllers to destroy the underground termite nests and must be carefully introduced to an active gallery to be effective. However, only that nest is destroyed and it would not prevent other nests from invading your shed/wood heap etc later on. After the removal of dieldrin from the market termicides and insecticides based on chlorpyrifos have been used by householders and were to my knowledge the only products worth buying. Chlorpyrifos has only a temporary action and must be used at least once every two years to remain effective. In comparison, a single flood application of dieldrin would last for 30 years. It has been sold until recently as Dursban, but has been removed from the market because it has been found to enter drinking water through plastic water pipes. Although Dursban is no longer available, chlorpyrifos termicide/insecticides are available under new names with restrictions that they are not to be used in or around the house. It is sold in Queensland under various names, one of which is 'Pigeon's Pest Controller 500', and is available in convenient containers (small and large). It comes with a 28-page instruction book, which should be read through before use. Although it is costly (relatively), it is probably the cheapest effective method for householders against termites, without the far more costly use of professionals. Arsenic is far too dangerous to have around and should only be used by trained pest controllers, and then only if they give you a cast iron guarantee that their work is 100 percent effective.

Chlorpyrifos is toxic to dogs, fish, frogs, birds, pets and snakes and is not to be used near fruit trees, vegie gardens or crops, except as directed. Refer to CSIRO and Queensland Forestry Department for further info.

J Allen,
Qld.

Dear Grass Roots,

Thank you for such a wonderful and diverse magazine, giving us inspiration of varying degrees. Hope some readers might be able to help with a recipe for **LEMON BUTTER**. Somehow along the way we have mislaid ours. I recall that the ingredients included lemon (juice and zest), sugar, butter (and eggs?). Forget now the quantities and cooking time. Especially enjoyed reading paper making and rabbit raising in GR 156.



E Baker,
PO Box 645, DEVONPORT 7310.

Dear GRs,

She seeks it here, she seeks it there, on the Internet and everywhere. **AN APPLE BUTTER RECIPE**, cookbooks up to my knee, interesting copper cauldron ones, involving spices, lemons (plums?). But I want one that uses **BUTTER**, to set my taste buds all aflutter, other ingredients – it doesn't mutter, please, no cider, is all I utter. You can phone me with the score, 03-5565-8054, or write to me at my abode, 5 Commercial Road. A little town is Koroit, 3282 gives support, I think you'll just be so adroit, with all this butter that I've bought.

Leonie Edge,
5 Commercial Rd, KOROIT 3282.
Ph: 03-5565-8054.

Dear Megg & Mary,

I've had another birthday since my last letter and a nasty bout of flu, which I am now getting over; you can't keep an old biddy down. The **SCRUMPY** article in GR 155 mentioned Cox's Orange Pippin – this is one of the four apples my grandfather brought to Australia back in the 18th century. He also brought out the snowball tree. He was a botanist, veterinary surgeon and orchardist. He worked with camels at the quarantine station at Kalgoorlie, WA, and doctored camels and humans, both black and white, if he came across any needing help.

Shirl Williamson,
360 Modella Rd, LONGWARRY 3816.

Dear Grass Roots,

I am learning about milk goats. A dozen or so Saanen and Anglo Nubian milk goats moved caressingly amongst each other in the clean, airy, well-lit shed. Later, they lounged in the paddock, lazily chewing and dreaming near the huge gum tree beneath the wide moody white sky. When the opportunity arrived to actually put my hands on the soft warm udder and express milk from her teat – I was hooked. I can do this! So I bought one.

Upon delivery, Amanda and Ed Williams from Brockspur Farm, Steels Creek, Victoria, gave me detailed instructions on feeding, housing and milking. During the first two months I experimented with enclosures of various sorts. Nothing made her happy. Still, she continued to eat and give milk. By the third month I was allowing her the freedom of my farm, where she chose to spend her nights either on the porch under the stars or beneath my house. From a 1935 book on practical goat keeping I discovered 'cake' and the notion of feeding five small meals throughout the day. So I put my Schnitzer stone grain mill to use and made cake.

In giving this little goat the run of the place I am learning how she thinks and what she enjoys doing and eating. She likes to accompany me as I do my farm chores. When I relocate the sheep tethers and give them a handful of grain and fruit, Matilda-goat is more than happy to make a large dent in the bucket of feed. She prefers someone else's rations and will often refuse the same thing in her food. So I am learning.

Some things I feed her include molasses, milk, oats, barley, wheat, lucerne, tagasaste, rye, lupins, lentils, beans, sunflower seeds, corn or maize, buckwheat, sesame seeds, dolomite, seaweed meal, salt, fenugreek, bran, full fat soya meal (goats are skinny), flaxseed meal, fruit, vegetables – especially roots. The trick seems to be to vary the meals. The cake I make as one would an ordinary cake, cool it, cut in slices and freeze till I want it.

This one little goat gives me around 15 litres of lovely milk per week. And all I have to do is keep her happy. Cheeselinks, Little River, Victoria, have an excellent book with exactly how to make very simple cheese recipes. They are informed and very helpful.

Jane Brooks,
30 Woolrich Rd, OLINDA 3788.

Dear GR,

I am after the best way of reducing the sudsing effect in a front-loading washing machine. Can I substitute lectric soda, bicarb soda, or something else, for part of the soap powder? What proportions will give the cleanest wash with fewest suds?

Eugenio Muratore,
695 Lower North East Rd, PARADISE 5075.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

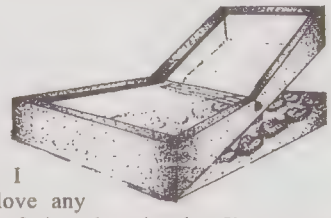
Regarding your article in GR 156 about keeping rabbits, readers may be interested to know that it's illegal to keep rabbits in Queensland as they are classed as noxious pests. It's also illegal to keep ferrets (why?). Keep up the great work.

Mark Gillies,
36/1374 Gold Coast Highway, PALM BEACH 4221.

Dear GR Readers,

I would like someone who could help with recipes on how to make **CHILLI OIL** and what I need to process it. Thanks.

Jipsy,
154 Wallace Rd, BUNDABERG 4670.



Dear Grass Roots,

I love your magazine and always feel inspired. I have a **FOOD DEHYDRATOR**, but have never really used it as I have few recipes. I would love any tried recipes as I hate to waste fruit and vegies, but I'm not sure where to start. I will also gladly pay for any books on the subject. Also, if anyone has hints on how to crochet left-handed, I would love instructions.

Lois Haslet,
122 Raeburn St, MANLY 4179.

Dear GR Readers,

A surprising book on **ALTERNATIVE MEDICINE** was brought to my attention recently and I can say that it is very entertaining. It's called *Edgar Cayce, Encyclopedia of Healing*, by Reba Ann Karp, published by Warner Books, ISBN 0-446-60841-6, website: www.warnerbooks.com There are many books in the Edgar Cayce series. The above book can be purchased at Angus and Robertson, and perhaps other book shops, for under $20. Maybe your local library or second-hand book shop could have it and others in the series. *Home Remedies*, by the editors of Prevention Health Books, published by Rodale Press Inc, ISBN 0-87596-422-2, is on special at $8 at Dymocks and other shops and is a wealth of information. *Vitamin Cures*, by the same people as *Home Remedies*, ISBN 1-57954-091-0, is another $8 bargain that makes interesting reading. Before thinking of treating yourself or your kids you really should check with your family doctor in case there is a problem you are not aware of.

As people age their physical abilities recede, but it is essential to keep moving and not just sit in a chair every day. You might have to force yourself and find it quite exhausting. Discussing your limitations with your doctor is essential as he/she will know what's good for you, and be aware of the overall picture.

A pedometer that straps to your ankle with Velcro can give you an idea of how mobile you are, how many steps a day you take and if you need to increase it. You'll be amazed how far you do or don't walk in a day when you have this gadget on. Having established how far you walk normally, a regime for improvement can be determined. If you are going to a physiotherapist, he/she might have a pedometer to loan or hire out.

If you are still in the workforce, wear the pedometer to work one day to see how far you normally walk when you leave home. It will behove you to maintain this level when you stop working.

Re GR 156, page 65, I must have had a brain lapse (again); para 3 column 1. The height of the tyre walls should read 'using about 18 rows in height', not 8 as is suggested. Many thanks for publishing my wacky writings.

In our gardens it would be sensible to grow indigenous herbal remedies as **BUSH MEDICINE**. Being suited to our soils and climate, these should do well. It would also be sensible to learn about local healing plants so that in the event of needing them we notice them and can use them correctly, while on holidays for example. Local indigenous centres might have books in their libraries you can reference, or have small medicinal plants for sale. Indigenous centres might also have a person working there who has good knowledge of the local healing plants.

It would be wise to make use of this traditional local healing.

In our gardens we could also grow indigenous vegetables and fruits so that our kids become acquainted with them. Handy knowledge indeed if you are out in the bush and need food. I'm sure Bourke and Wills and many others who starved to death could have used the knowledge. It really is a supermarket out there if you know a thing or two, and know what you are looking at.

It pays to be a bit wary when buying a property and observant of the character of the person selling the property. Ask around the area. Over the years, various anecdotes will have surfaced and whether someone is a 'dudder' or a 'trust' will be known locally. Just recently friends of friends bought a country property only to find that the improvements had been maliciously vandalised because the seller had thought that the buyers had haggled and got it too cheaply. Various fixtures had been removed or broken. It pays to have your solicitor word the contract in such a way that at the date of moving in you are assured that it is in the condition that you agreed on and, if not, an amount of money is withheld in trust until any faults are rectified by the seller or the seller's insurance company within 30 days.

These days houses are unnecessarily large. Years ago, many families of eight and ten children lived in one-bedroom houses because workers were paid very little. As real estate in the capital cities becomes very expensive now, we could take a tip from overseas ways of living. Because big cities overseas had very expensive land values years before Australia, we are at an advantage to copy their economical methods and make better use of smaller houses or home units or living spaces. For example, Japan has long used the lounge room as a lounge room, dining room and bedroom. In the morning the bedclothes and futon-like mattress are rolled up and put away in large wardrobes and the sheets are aired on an undercover clothesline until they are needed again. This practice means that the bedroom as such is not required. It is almost a motel unit with a fold-up sofa-bed and an enlarged kitchenette.

Another way to view this is that using those methods a lounge room could be much bigger by adding on the size of the now unnecessary bedroom. This is how bedsitters are arranged. By more efficient use of the available space, a laundry area is concealed behind louvred doors. It's virtually a large cupboard containing a sink, an ironing board that swings down from the wall and a front loader washing machine with dryer on top. The kitchen is incorporated in the lounge room area. The only separate room really is the bathroom. This way the available space is maximised. Even the study/computer/office space is like the laundry – just hidden in a big wardrobe/cupboard.

The cost to make a bedsitter is only half that of a conventional home unit. We could well copy the Japanese idea of five-centimetre-thick tatami matting on the dry area floors, which is really blissful to walk on with bare feet. This matting gives excellent insulation (heat and sound) to the concrete flooring and would be magic for arthritis sufferers. Germophobes will be happy to know that in Japan shoes are left at the front door.

Roberino,
PO Box 359, WOOLGOOLGA 2456.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

Enjoy the mag immensely and would one day love to have my own two to three acres to be as self-sufficient as possible. At the moment my husband and I reside on a quarter-acre block in a semi-rural area and love the peace and quiet, but have the luxury of shops and suburbia if needed 15 minutes drive away. Hoping some lovely people out there can give help on the following topics.

I am growing numerous dwarf and small variety fruit trees, including black turkey fig, tamarillos, tangelos, pineapple guava and hazelnuts. Can anyone tell me how old a **HAZELNUT BUSH** has to be to start producing and what time of the year they do? None of my gardening books specifies the above. The bush has reached full size and been in the ground approximately two years and would have to be about three to four years old. The other three trees are just maturing enough to start producing, but finding recipes to make use of them has been difficult. Could anyone drop me a line with interesting ways to use these fruits?

In a quest to eat more healthily I would also like to use less white flour and try alternatives like **POLENTA, SEMOLINA, RICE FLOUR AND ARROWROOT**. I do have some recipes for these, but would love to get some more quick, no-fuss, don't-need-a-gourmet-pantry-type ideas. People have also told me that grape seed oil or apple juice concentrate can be a good alternative to white sugar, but I have no idea what the measurements would be. How much concentrate would be equivalent to one teaspoon of sugar, for example?

GREEN TEA: I have *Camellia sinesis* bushes and I intend to dry my own tea. Can get basic information on what the process is to dry it for the commercially produced product, but would love to get my hands on information for quick, practical ways for the home gardener to process and dry it. If anyone has produced their own green tea and can give me some pointers I would love to hear from them.

Lastly, I have dedicated one-third of my backyard to a new native area with a homemade **FROG POND** lined with butyl rubber. The area has been a huge success, with four different frog calls identified and two different species spawning in it three days after water vegetation was introduced. When reading up on pond construction, all the literature I read advised putting the pond in full sun to get the maximum amount of bird and insect life visiting, so a good little ecosystem would form. I've since read articles that say not to put it in full sun because of algal growth, which is what I am now getting. The middle, deeper, parts of the pond are unaffected but the shallow outer areas are getting a bright green algae around the edges. The water quality seems good and clear, but I don't know if this is normal or if I should scoop the excess out? No fertilisers or chemicals have been used that could have contributed to an algal bloom. Could anyone who likes frogs point me in the right direction to get tapes or CDs of frog calls for south-east Victoria? We have only seen two different types of frogs, but heard four different calls. Would love to hear from any frog enthusiasts who can give me help there.

Sharyn McDonald,
10 Terry St, PEARCEDALE 3912.

Dear Megg & Team,

Thanks for a great magazine; it's inspiring and encouraging. I've got a couple of questions I'm hoping to get some help with. Firstly, I have a skin condition called **DERMATOGRAPHISM**. This is characterised by the appearance of areas of hive-like lesions that appear after minor trauma to the skin, such as brushing against a door post. These hives don't last for long (sometimes up to fifteen minutes), but the sensation is of intense itching and heat. If untreated (I'm currently using a slow-release antihistamine called Claratyne), the itching becomes so bad that it encompasses the whole body and I've woken during the night to find that I've scratched so much that my skin is raw and bleeding. The doctor who diagnosed it claimed that the only course of treatment open to me was to continue on antihistamines indefinitely. The couple of naturopaths I've seen were rather vague about treatment, so I'm looking for suggestions. My instinct tells me that perhaps the liver is involved in some way, although liver function tests are 'normal'. I'm considering a liver-detoxing program to see if that will give me some relief.

Secondly, I'm looking for a **HAND-OPERATED WASHING MACHINE** that I saw in a camping store a couple of years ago. It was like a barrel on a stand and my understanding was that you placed the clothes in, filled it with hot water and only a teaspoon of detergent, sealed it and then turned the barrel. According to advertising, it could wash about seven shirts at a time. If anybody has one they want to dispose of, or knows where I could get one, I'd be very grateful. My enquiries here have been fruitless.

Also, I'm looking for **ACCREDITED PERMACULTURE COURSES** close to the Whitsunday area.

Sandy,
Email: isgunder@dodo.net.au

The hand-operated washing machine was called the 'Wonder Wash' but wasn't very robust to use.

Dear Megg & Mary,

A few years ago I decided that I would use a commercial size mop. It does a much quicker job than a normal domestic one. Unfortunately, it does require a commercial size mop bucket. Although a commercial mop bucket might cost twice the money of a domestic one, it is not so expensive when you consider what your spare time is worth. It is probably best to buy a commercial mop bucket from a commercial cleaning supplier. Ask your local hospital or motels where they buy their cleaning supplies from. Commercial size mop heads can sometimes be bought from hardware stores and supermarkets.

I know a girl in her early 20s who went from 82 kilograms down to 55 kilograms by buying and using a pair of rollerblades. She still ate as much as she wanted and thoroughly enjoyed herself in the process.

When **GROWING PLANTS IN HOT AREAS** my advice would be: (1) Raise seedlings in a seed-raising bed instead of trays as the latter dry out far too quickly. (2) If you must have pot plants, you might need to water them twice a day in the middle of summer, therefore, hook up an automatic watering system. (3) In the middle of summer make use of shadecloth, even for many smaller plants that are classified as full sun. (4) In winter make use of the sunnier spots to grow things like green beans that can only grow in summer in the cooler areas of Australia.

I am looking for **INFORMATION ON VW KOMBIS**. I intend to buy one some time in the future. Any information such as what to look for when buying, where to get spare parts and anything peculiar to VW Kombis would be appreciated.

Alexander Cranford,
PO Box 439, HAY 2711 (Western Riverina).
Email: alexcran85@hotmail.com

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

FEEDBACK LINK-UP FEEDBACK

Dear GR & Like-Minded Readers,

My partner and I have two teenagers living at home (most of the time), they are 16 and 13. The elder has arrived at the crossroads of his life. He needs to find out what's important in life, our 13 year old is closing in on him fast!

My partner and I have been so busy creating a life we thought we needed that it left no time to do the things we wanted to do. Now **WE ARE OFF**: selling the house, paying out all our bills and getting together a pop-top caravan with extendable ends for sleeping and facilities to cook and the basic necessities. Our children will do distance education; we will travel around Australia; we will have to work all the way. We are all prepared to do any manner of work that will help us save to move on to the next stop. We are also interested in caretaking. We all have an affinity with animals.

We need to prepare well for this life-altering change and are looking for information, advice, contacts, great places to rest up and cheap places to stay. I want our children to experience everything this country has to offer and to understand that they will have to work to survive. They will have to learn how to communicate with all manner of people and learn a whole lot of new life skills they are otherwise not going to learn.

We would welcome the opportunity to visit and learn about alternative lifestyles, what nature and hard work can achieve. My partner and I have a wide range of skills and practical experience. We would love to meet with families who are taking similar action to **SAVE THEIR CHILDREN AND THEMSELVES**. Our current lifestyle is killing us. We look forward to all your letters and to meeting some of you.

Desperate Parents,
PO Box 2216, GERALDTON 6531.

Dear Grass Roots,

Thought that readers would be pleased to know that the grand total of requests for tongue lettuce I've received now stands at 410. Have also given quite a lot of seeds away locally.

Last October a penpal, Sandi Kogtevs, included in her letter a sheet of paper with pictures of all the lettuces that Eden Seeds can supply. She had put a ring around rabbit ear lettuce. Rabbit ear lettuce is lion tongue. Shortly afterwards I got a letter from a couple I had sent seeds to and they told me that the two lettuces appear the same.

I sent to America for red deer tongue lettuce and, on arrival of seeds, planted 40 to grow for seeds. Not having much luck getting my seeds to germinate, and to make matters worse can't find the packet that I got from America.

Can also give away some butter bean seeds if anyone wants some. We grew them in the 1920s and '30s. It's a big vine and will need a fence or trellis. Was very pleased when another penpal, Maggie Jackson, set me some seeds.

Robert Winterburn,
9 Loves Lane, Rosslea, TOWNSVILLE 4812.
www.heirloomnursery.com/lions_tongue_lettuce.tpg

Dear GR Team,

I have been an avid GR reader since my mum put me onto your great magazine around issue 150. I was just settling down with the latest issue, a cup of coffee and a toddler with a bottle in his mouth when I jumped up and down and ran inside to excitedly read an article to my bemused husband. What got me so excited? It was reading the article about your reader who shares her bathroom with amphibian guests. You see, we brought our own piece of paradise in Queensland six months or so ago and have found that we too share our bathroom with little green men (and women!). We have six regulars and others who come and go as they please. Our two sons, aged eight and two, have at least one frog in the bathtub every night enjoying a splash. And before anyone gets up in arms, I tried to advise the boys that perhaps their bath water wasn't so good for the frogs, but then found that our little green friends actually invite themselves into the bath. As soon as the kids start running the bath the frogs emerge from their hiding place behind the linen cupboard and, quite literally, jump into the water before the kids! They swim around and then jump off to the side of the bath when they've had enough (the frogs, not the kids!). Thanks for a truly wonderful and helpful magazine and keep up the good work. You have certainly given us heaps of ideas and motivation for our 2.5 acres we have named 'Avalon'.

Judi.

Dear Megg, Mary & Co,

That was an excellent piece in the latest GR 156, 'Exploring Rural Enterprises'. As so many folk seem to want to move to the country where there are so few job opportunities, it's good to read something that holds some promise. A good example of what I've been on about recently, probably ad nauseum, I admit. The son of a close friend purchased two acres in one of Brisbane's outer suburbs. He's an accountant and hard worker, he also plays the church organ. His wife doesn't work because they have a small child so she's unable to do much at the moment. They are finding they can't do much in the way of improvements, apart from keeping the grass down – surprise surprise! Why do they do it? Why don't people realise it takes lots of time that most don't have nowadays.

It's been said cities are here because we want a rich diversity of exchange opportunities, good info, emotional support, culture, work, services etc. While I'm an advocate for the city, I'm certainly not an advocate for cities like Sydney, Melbourne, Perth, Brisbane. These cities are much too large. Brisbane, to take one example, will be part of one enormous conurbation stretching from the Gold Coast to Noosa and probably beyond. An out of control sprawl with all its problems, all locked into the motor car, these cities are quite unable to function without them. We need much more decentralisation to the provincial cities and larger towns. The quality of life will be better in these places.

Alan Stewart,
12 Weymouth Plc, ALENDANDRA HILLS 4161.

Dear Grass Roots Readers,

Thank you to all who replied to my letter in GR 155 asking for advice in treating **INFLAMMATORY BOWEL DISEASE**. I received many wonderful letters and articles.

I am currently seeing a naturopath who has prescribed vitamins and made up a herbal medicine that I take before meals. Also, I have a cup of soy milk with slippery elm before meals. I have pretty much eliminated cows' milk and dairy products and have cut back on wheat products. The naturopath has been very helpful and I'm following what she says and reducing stress so have been feeling a bit better. Soon I hope to decrease gradually the amount of Salazopyrin I take. I am replying to all who included their contact details, but thought I'd write this for any others who are interested.

Catherine,
18 Bargara Rd, BUNDABERG 4670.

Dear GR,

I have recently purchased an **OLDISH CROWN STOVE**, wood oven in reasonably good condition. However, the firebox lining is all cracked and falling away. If anybody has had ongoing success with relining with fire clay or similar (not just a two-week wonder), could you please drop us a line?

A Woodhouse,
PO Box 1385, GYMPIE 4570.

FEEDBACK LINK-UP FEEDBACK

Hi Folks,

I am after a way of **BUILDING A GREENHOUSE USING WATER-FILLED BOTTLES.** I came across the idea, but it didn't give any instructions. Not sure how to construct it and would appreciate any ideas. I can only think of bonding the bottles together with earth or cement, but think that I would lose too much light and thermal properties. Toying with maybe sandwiching the bottles between chicken wire, but there would be gaps. And then there is the roof. I have a frame made out of waterpipe, which was going to be covered in plastic, and would still like to be able to use that if possible. It has a gable roof.

Also, I am after a **SCYTHE**, does anyone sell these new these days?

Sue,
42 Brunckhorst Ave, STANTHORPE 4380.
Email: suepeter@halenet.com.au

Dear Grass Roots People,

I am a yoga teacher and I wish to establish a low-cost rural retreat for people to come and work on their practice. I need the help of a sympathetic person with a suitable property. It would need to be within two hours of a major population centre with electricity and reasonable access, other than that it could be anywhere in Australia or New Zealand.

I could purchase some of your land or work on a very-long-term lease. I would pay for the building of the yoga hall, as well as my own accommodation (there is just one of me). My benefactors would have the advantage of a **YOGA FACILITY** on site as well as a stream of interesting visitors. I would also be able to help around the property (though I am 45 my back is still very strong). I am particularly interested in establishing, maintaining or resurrecting an organic orchard.

Robert Duff,
PO Box 7081, REDHEAD 2290.

Dear GRs,

I have some advice about **SETTING UP A SEEDBANK**. The best source of info for this is the Seed Savers Network, based at Byron Bay, who published the excellent Australian reference, *Seed Savers Handbook*. This book is primarily focused on seed saving, but I understand there is a book in preparation to assist people who want to set up local seed networks (LSNs) and the focus of that is likely to include finding sources and the organisation/administrative aspects of seed banking.

Briefly, the most important things to consider with seed banking are as follows. Some seed will have very specific requirements, depending on the plant it's from. Broadly speaking, seed is best stored when it's: cleaned of extraneous fruit tissue/pods etc, dried thoroughly (but not baked in direct sun!), and sealed in moisture-proof packing with dry (usually blue coloured) silica gel. Ideally, it should then be kept in an environment which is cool, dark and dry, with minimal temperature fluctuations. Spare fridge space (not to mention a spare fridge) is a great asset! I've heard some argument about the suitability of cold storage for tropical plant seeds, many of which have very short-term viability anyway.

Thorough record keeping is essential. Record everything about the seed in question. Consider using symbols to distinguish similar (or same) named varieties of the same species. Note when and where you've planted it, what stage seed processing is at, how much and of what vintage is in storage, and where to locate it, where and when you've offered some to others, where and when you plan to next plant it (to ensure no cross-pollination and seed viability not expiring before you regenerate again). This is just an off-the-cuff list, and, though it may seem a lot, it saves a lot more heartache and work involved in lost stock and not knowing what's what!

When you're just starting out you'll find you can manage with a fairly simple system if you're only handling a few varieties. However, as your seed stock grows you will need a more comprehensive system to keep track of it all. Not keeping track inevitably results in varieties losing viability before they're regenerated and inadvertent cross-pollination. If you're seedbanking for a group, such a system will be essential to your sanity and efficiency. If other people are to help run the seedbank, it is even more important so that everyone understands what needs to be done and all record keeping is consistent.

If you have Internet access, a (very) new and Australian-based source of information and seed, Aussie Seed Savers Catalogue, can be found at: www.aussieseedsaverscatalogue.net As stated, this is very new, and so there's not a lot there just yet, but with support I believe it can become an invaluable Aussie asset!

Mazza Verdante,
PO Box 180, GRAFTON 2460.

Dear Grass Roots,

I've only recently discovered your magazine and I think it's the only magazine that I have ever in my life read from front to back! Thanks to you and all your readers!

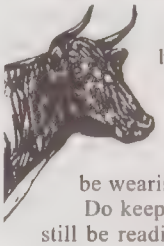
I wanted to ask if anyone could advise me regarding my **UPSET STOMACH**. Historically, I prided myself on being able to eat anything anywhere in the world, but in the last few years I've developed an intolerance to fats, especially red meat. Medical doctors have had me checked for gall bladder complaints, but they took one look at me and said that wasn't the problem. The strangest thing is that it appears to be intermittent, coming for months at a time and then I'm back to normal. I imagine food allergies could not explain this. My doctor wants to send me to a specialist, but I'm not keen and have little faith in their invasive tests. I've managed to cure other simple problems before with lifestyle changes and am hoping I can again. I'm also looking for a **RECIPE FOR GINGER BEER**.

Wendy Robinson,
9 High St, CARLTON 2218.

Dear GRs,

Congratulations to all at GR, both staff and the many regular and casual contributors, who have made each edition of the magazine at least as interesting as the previous one. A pity there aren't more contributors from WA!

I cannot claim to be an original GR fan, but I had all copies from number 20 until I loaned some to a lady who wanted to know more about keeping goats! She left town without returning them! Fortunately, I only loaned her about a dozen GRs.



It is now over 12 years since I moved to my retirement block and started my Dexter herd and I have loved every moment of the time, especially seeing each generation of cows improve. I only wish I had made the move 20 years earlier because arthritis is beginning to take away the pleasure and sometimes being on one's own can be wearisome – although I do have great neighbours.

Do keep up the good work. I only wish I could say I will still be reading GR in another 30 years, but I doubt that my eyesight would be that good as a centenarian!! Best wishes to all.

Audrey Willis,
PO Box 233, GOOMALLING 6460.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

FEEDBACK LINK-UP FEEDBACK

Dear GR & Readers,

Having been a GR reader for several years, I was really excited to be doing a backyard poultry course with Megg Miller. You can then imagine how honoured I was to be contacted by GR expressing their interest in doing an article on me in the magazine. When I turned up on the front cover I nearly had a fit (GR 154). It would have to be the most exciting thing that has ever happened to me. It has come at a time when I am finally putting the knowledge I have gained through reading, studies and life experiences into something I really believe in and love doing – The Herb Shack.

I would dearly love to thank Megg and the staff at GR. The opportunities that have arisen from the article are too numerous to mention. I would also like to thank all of the GR readers who have been in touch. I have spoken to so many interesting and absolutely lovely people. I hope that I have inspired and helped some of you to do what you really want to do, not just make a living and dream about 'one day'. I have learnt a lot from you all and I hope to continue hearing from others interested in what I am doing.

Kelly Hamill,
The Herb Shack, RMB 3079, BOHO SOUTH 3669.
Ph: 03-5790-8533.

Dear Grass Roots,

I live in north Queensland. My garden is full of herbs such as basil, lemon grass, Japanese parsley, oregano and tarragon. My passionfruit vine has lots of fruit hanging from it, and I grew my first pumpkin! All this despite the drought! Please, is there a reader who is willing to sell me a copy of *The Early Years*? I enjoy *Grass Roots* and eagerly look forward to each copy. Keep up the good work!

Deborah Stephens,
2/9-13 Lonerganne St, GARBUTT 4814.

Dear Megg,

I started buying and reading GR at issue 15 and have been buying it ever since. I also have the book *The Early Years*, covering issues 1 to 5, and used to wish I could fill in the gap between the book and GR 15, but didn't hold out much hope of this happening. Then, one day, at the Coffs Harbour Jetty Market, I wandered around the stalls and ended up at the book stall. There they were! *Grass Roots* numbers 6, 7, 8, 9, 10, 11, 12, 13, 14, all displayed together! Needless to say, they didn't stay there! The housekeeping was a bit short that week, but I had a great time reading up 'the gap' and putting my collection of GR in order. When I moved to Woolomin, the GRs came too and they have been so helpful to me while I relearnt to cope with country life. I hope you continue for many years to come and go from strength to strength.

Barbara Maurthen,
Mundle Rd, WOOLOMIN 2340.

Dear Friends,

My wife and I, as with most of us, have seen the aggressive push to get women out of the role of homemaker and into the workforce for 30 years or so. Recently, we kind of put today and 'yesterday' back to back and looked at the way men and women related in years past compared to today. We have been swept along by a flood of 'why nots', and have as a nation thrown out most of the framework that kept society intact. Today, our media, our education system and our government continue to erode what is left of a value system that worked, and brought pleasure and purpose to both male and female alike – much more than today's experimental value system has done. Though there have been some gains for women in the past decades my wife and I, and indeed many of our friends, are starting to look at how much women and society in general, have lost. We have become a land of dysfunctional families, desperately trying to salvage something from our nation that is arguably in moral ruin. We would like to see a kind of renaissance and **REDISCOVERING OF MOTHERHOOD AND FATHERHOOD**, whereby the sexes rediscover and enjoy their differences, rather than endure the muddy unisex culture that does little but bring competition between the sexes. It would be interesting to hear the views of readers and we invite comments to the address below. As for ourselves, we in our community are enjoying rediscovering the traditional male and female roles that see man as the responsible and caring head of his home, and his wife as his darling companion in love.

Edwin Morris,
GPO Box 1926, HOBART 7001.

Dear Megg & Mary,

My letter in GR 155 has brought some mail my way. People have written asking me about **ELMORE OIL**. Thanks to a printout one correspondent sent me of their pamphlets, I was able to phone Linford's Elmore Oil on 03-5432-6670, and they sent me 20 sets of pamphlets. I've caught up with the letters, the latest one being a couple of days ago, from Western Australia.

Now I've obtained a bottle of Elmore Oil for personal use, sent to me by mail after I sent a money order to their base, I'm surprised to find that it's made for rheumatic and arthritic pain relief. Yet the lady I met in the supermarket, who first told me about the wonderful relief she got from Elmore Oil, had used it to clear up the psoriasis on her hands. When I looked up psoriasis in my old dictionary I found the words: 'and it is also said to have some association with rheumatism'. So there's the aha! factor here. What is the connection between skin problems and disorders in other parts of the body?

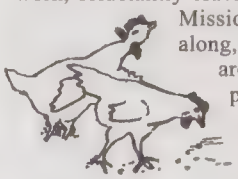
The Bach remedies included hand and foot baths, on the understanding that the skin of hands and feet absorbs all kinds of substances for good or bad. So, all I know from personal experience is that Elmore Oil smells, not of liniment as I expected, but of softly fragrant vanilla. I use it on my bushwalker's feet, morning and evening. It's good to use an all-Australian remedy made from natural ingredients.

Thanks again, for this great opportunity to exchange ideas and information in the unique *Grass Roots* magazine.

Jane Smith,
KILSYTH.

Dear Grass Roots,

Thanks for a great mag, it's a little bit of sanity in this crazy world we live in. I have **RECENTLY MOVED TO CAIRNS** with work, reluctantly leaving behind my self-sufficient two acres at Mission Beach. My vegie garden is coming along, my two chooks are laying, red pawpaws are powering, but finding organisations or people into the GR lifestyle is eluding me. If anyone has any information on such groups, could you please pass it on.



P O'Brien,
2/536 Varley St, YORKEYS KNOB 4878.

Hi GR Folk,

We have been searching for information on how to **BUILD A COOL ROOM** (not cold room) to store crops like potato, pumpkin and onions, so that we can keep them through the hot summer months without the use of refrigeration. We live in a high-set Queenslander in the Bundaberg area, where the humidity can be high during the summer, so we would be interested to hear from anyone who presently has something working in a situation like this, or has books or knowledge of how to make such a thing work and what materials to construct it from.

Ray Barrass,
187 Promisedland Rd, CHILDERS 4660.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots & Readers,

The article on tyre building (I'd like a longer article with pictures, please!) in GR 150 brought to mind an unusual way of disposing of tyres in an eco-friendly way – burn them! A chap called Burt Rutan, famed for building all manner of odd-looking lightweight composite aircraft, has unveiled his entry in the 'X Prize' competition for a private company getting a man into space. The first stage is an amazing albatross-looking jet carrying the second stage, a rocket that burns tyre rubber and laughing gas. Because of the temperature of combustion, the exhaust is mostly water and harmless carbon dioxide. Visit Scaled Composites at: www.scaled.com to see pictures.

One of the other garbage problems is that grinding stuff up for processing or disposal often uses a lot of energy and sometimes creates a secondary poisonous waste problem of its own. Two recent developments are showing promise there, too.

A chap called Frank Polifka of Vortex Dehydration Technology has invented a device which he calls 'Windhexe' and the reporters call 'Tornado in a Can'. As well as efficiently running processes like spray drying or mixing, it's an ace at grinding up the most odd-ball or disgusting rubbish into a pulp that can then be dealt with (such as composting) in more appropriate ways than ever before.

Meanwhile, another bloke named Brian Appel of Changing World Technologies has developed 'thermal depolymerisation' (TDP) technology to the point where it will turn almost anything (offal, tyres, harbour muck, infectious medical waste, even old computers) into oil (similar to '#2' home heating oil), flammable gas, distilled water and minerals in about 15 minutes. The process is highly efficient and recovers around 100 units of energy for each 15 units put in.

In both cases, the inventors had duplicated natural processes (the cavitating turbulent flows in a tornado and the water-heat-pressure conditions that produce oilfields) and packaged them in ways that made them useful to industry. It'll be a little while before you have your own tornado-in-a-can or instant-oil-just-add-water facilities in your own backyard, but they're on their way. Both technologies are scalable. Imagine your local garbage service fuelling its trucks en route from the plastics and organics they eat on the job.

Leon,
8 Kelso Plc, DUNCRAIG 6023.

Greetings From New Zealand,

After seven years on the verdant west coast of New Zealand's South Island we are **RETURNING TO AUSTRALIA** at the end of July. We will buy a large caravan and travel around. Eventually, we want to buy an acreage property with permanent water and trees in eastern NSW.

Initially, we would like a spot to park on private land in exchange for helping out. Our skills include gardening, painting, basic carpentry, housesitting, sewing, cooking and cleaning, and we aren't too old to learn new skills.

If anyone is interested in corresponding, our address is supplied.

Trevor & Kathy Elliott,
C/- 2695 Logan Rd, EIGHT MILE PLAINS 4125.

Greetings,

We are Jane Hopkinson, 40, and Sara Armstrong, 41. We have two daughters, 13 year old Rubi and 11 year old Rhea, an assortment of animals, a two-litre Kombi and a red Chevy horse truck.

We are **OFF ON A JOURNEY FROM ADELAIDE** up through the centre of Australia and then around the top of WA down the coast to **END AROUND THE ALBANY** area at the end of the year. We will home school our children from both books and the great outdoors. We are fundraising on our journey for the RSPCA and OXFAM. We have a commercial cappuccino machine and organic coffee, which will be a major source of income while travelling. We also have facilities for fresh juices and other fruit drinks we make called 'Heavenly Healers'.

We are asking for support/sponsorship in the way of feed/goods. In exchange we will advertise your business on the side of our truck and also verbally throughout our journey. We will be documenting our trip for the appropriate media and for our book that we will be writing along the way (our children will be writing chapters also), thus keeping all sponsors up to date with our journey.

Our motivation is about trust and respect and the lack of these two basic life skills in our society today. Our land has become degraded and our plants, animals and ourselves are mismanaged. These are legitimate concerns we have for the future of our planet and all that walk, swim or fly within it. We see this journey as an education, not only for ourselves and our children but also for all who cross our paths. We are excited and looking forward to hearing from you.

Ph: 0407-609-567.

Dear Grass Roots,

How do GR people cope with outside jobs and animals and also care for a family member with **ALZHEIMER'S**? I'm finding it difficult to get the daily tasks done while keeping an eye on my partner. Any tips on how others manage would be most appreciated. I get assistance for a few hours one day a fortnight, but it's the everyday responsibilities that I'm finding hard.

Jenny,
C/- PO Box 117, SEYMOUR 3661.

Hello GR People,

I'm eager to learn everything about looking after a **VERY SMALL FLOCK OF SHEEP**, mostly for home-spun wool. Since I'm vegetarian, they will be pets. There's only a little space available to me and this will need to be sown with the best possible pasture to maximise the food quality, especially for dry times. Drought maintenance information is needed too. How would crops such as pinto peanut go? I prefer sheep that have short-haired legs, and those that don't need mulesing or any other form of avoidable cruelty. If I can avoid cross breeding I will. Luckily, I have excellent and high fencing. I'm hoping to make a few permanent contacts for guidance when needed. Any information on milking, much appreciated. Apart from this, I'd like any **RECIPES FOR PULSES**, beans, legumes, tasty savoury stews.

Wren,
C/- Post Office, SEYMOUR 3660.

Dear GR Staff & Readers,

My niece suffers terribly from **ECZEMA** on her hands and no doctor will believe her when she says it is caused by water. Her hands are red raw, she doesn't use detergents or soaps, rubber gloves aren't any good as her hands perspire in them. Numerous expensive creams haven't helped. She is a young mum, so keeping her hands dry is virtually impossible. Can anyone out there please help?

Sharyn Jones,
294 Forest Rd, MOORE CREEK 2340.

We love to hear from readers, but preference will be given to letters of less than 300 words so we can publish as many as possible in each issue. Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

PRODUCTIVE PIGEON PEAS

by Lin Foley, Mylneford, NSW.

It certainly wasn't a good year for our garden. First, we had the worst frost in about 35 years and then we experienced a one-in-a-hundred-year drought. Our dam was nearly dry and watering plants and trees had to be kept to an absolute minimum. There is one tree in our food forest that stood out above the others in the survival stakes and that is the humble pigeon pea (*Cajanus cajun*), also known as Congo bean.

We bought pigeon pea seeds a few years ago as part of our attempt to become as self-sufficient as possible. The plants have provided numerous benefits and certainly earned their place on a self-sufficiency smallholding.

Pigeon peas grow best in a warm climate with no frost, however, we found that ours survived about five nights under zero degrees last winter with only a minor setback. For those living in a warm climate the tree is a perennial, but it can be grown as an annual in frosty areas. The plant grows as a woody, leguminous shrub from two to three metres tall. It has lovely yellow, orange and red flowers from which green pods containing bean-like seeds develop. The flowers attract plenty of native bees and it is a delight to watch the insect activity. We deliberately put a few trees near the house to be able to admire the flowers throughout the year.

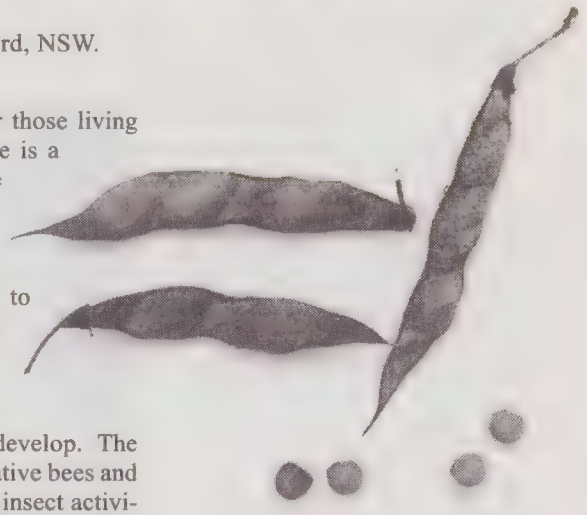
Pigeon pea has attractive yellow, orange and red flowers. Insects love it.

We plant the pigeon pea seeds in spring and water them for a week or so to help them on their way. After that, they are on their own. We didn't water any of the mature shrubs during the drought and they still survived.

The first pods can be harvested in four months. The green seeds can be eaten like common peas. Dried, they can be used in any dish that requires pulses, such as curry, dahl and hummus. The dried seeds can also be sprouted; we like to eat them at the two-leaf stage on a salad sandwich.

We found that the chooks love pigeon peas so we planted quite a few trees where the chooks are allowed to forage. We have been able to cut down on feeding chook pellets because the shrubs are such prolific bearers and can be harvested throughout the year. The chooks also like to nibble on the green leaves. With the chooks foraging under the shrubs we found we didn't need to fertilise them at all. It is not only the chooks that like pigeon peas. The kids' pets, three rabbits and ten guinea pigs, also love the branches and leaves. With the lack of grass during the drought it certainly saved us from having to buy a lot of dried food from the pet shop.

Penny Woodward, author of the excellent book *Asian Herbs and Vegetables*, writes that because they are leguminous pigeon pea roots absorb nitrogen from the air and convert it into soluble nitrates. The roots also give off a chemical that dissolves any phosphate in the soil, making it available to plant roots. Because of this, in Asia, pigeon peas are often intercropped with other plants.



Pigeon pea pods with their edible seeds.

Pigeon pea seed is available from Greenpatch Non-Hybrid Organic Seeds, PO Box 1285, Taree 2430. Send for a free catalogue. Enquires phone or fax 02-6551-4240. Email: www.greenpatchseeds.com.au

GRIMES & SONS

MANUFACTURERS AND SUPPLIERS OF THE HIGHEST QUALITY STAINS AND FINISHES FOR TIMBER & MUDBRICK.

- Mudbrick colourcoats and Clear Dust Proofers
- Silicone and oil base water repellents.
- Oil varnish and polyurethane.
- Bees wax polish, shellac and restoring oil.
- Woodstains and timber preservatives.
- Stock and specialised colours.

Factory showroom...
1/1637 Main Road, Research Vic 3095
Ph: 03-9437-0733 Fax: 03-9437-0822

A Childhood Winter

by Shirley Heale, Bundaberg, Qld.

Winter was my favourite childhood season. Summer's burning heat mellowed into autumn, then was forgotten in July's frosty mornings and chilly nights. I snuggled under the blankets in my bunk on our open verandah and imagined witches were riding their brooms over our rooftop, propelled along by the wintry winds. In the morning's warm sunshine I would lift my eyelids and gaze in wonder at the nearby mountains veiled in mist and the myriad spider webs glistening on the long grass.

Our cattle dog, his coat wet with dew, would round up the cows and herd them into the milking yard, their full udders swinging. My father's strong hands squeezed the milk into buckets till the steamy froth rose to the top. He would sometimes direct a stream of milk towards the dog, whose mouth would shoot open at the right time.

Then it was on to the dairy where the creamy milk went through the separator. The cream came out one spout and into the cream can to be sent on to the factory. A second spout drained off the now fat-free milk to be fed to the poddy calves. A bevy of pets waited expectantly for the process to finish so they could indulge in their morning feast of separated milk. Parrots, cat, dog, and my whiptail wallaby all shared their meal in harmony.

My mouth still waters when I remember my mother's home-baked rosella tarts, smothered in cream, and hot scones dripping with homemade butter, and the dumplings or 'dough-boys' eaten with syrup.

Butter was made by the long and patient churning of the cream in a manually operated churn. What a relief it was to see the butter finally separate from the buttermilk. Then it was washed, drained and salted. It was stored in a terracotta container (being pre-refrigeration days) and placed in a safe with mesh sides, along with meat and other perishables, and hung in a cool spot.

My siblings and I would huddle around the wood stove waiting for the rolled oats that were bubbling in the pot. The kitchen would be filled with the aroma of freshly made toast, cooked to perfection by being held over the glowing coals on a long, three-pronged wire fork. How astonished I was one morning when I held my celluloid doll over the stove 'to warm her' and she suddenly vanished. Celluloid and strong heat definitely don't mix!

Those days are gone forever, but these sweet childhood memories often take me back again.

The Permaculture Research Institute

www.permaculture.org.au

PRI is a non-profit corporation involved in local and global networking. We offer solutions through education to local and global ecological problems.

AVAILABLE COURSES

PRI operates Permaculture Design Certificate courses, on-ground training camps and Strawbale housing courses. For more details view our website or contact us directly:

email: pri@permaculture.org.au

Ph: 02-6688-6222 Fax: 02-6688-6499

C/O PO Box, The Channon, NSW, Australia 2480

1158 Pinchins Rd The Channon

'SNOWBALL READING SCHEME'

Teach your child to Read

The scheme is phonetic and has been used for the last 20 years. It has proved successful, effective and a confidence builder for children 2 to 9 years. Price $560 for 160 books preprinted and boxed.

NOW ON CD $99

First 10 orders $89

Print your own 160 booklets for a fraction of the cost.

Purchase online by credit card at www.arach.net.au/~snowball or send your cheque/money order to PO Box 452, Mundaring 6073.

Montessori-Mdg Sch, 10 Tee Ave, Mundaring 6073.

KIDS PAGE

WINTER FUN

Many times during winter you need to play indoors where it's warm and cosy. There are lots of great ways to do this and this page offers some ideas for you. Of course, when the weather is okay you will be able to 'rug up' and run wild outside and splash in puddles!

Make A Snow Globe

You will need:

jar with lid
silicone seal
small plastic animals, figures etc
glitter
water and glycerine (the glycerine makes the 'snow' fall slowly but you can just use water alone)

Arrange plastic figures on inside of lid and glue on with silicone seal. Allow to dry overnight. Fill the jar not quite full with water and add a little glycerine. Add a tablespoon of glitter. Gently put lid on. Glue lid with silicone seal. Leave several hours before shaking.

Make Vegie Soup

You will need:

4 cups water
4 vegetable stock cubes
4 cups of vegetable chunks
(choose any combination of your fave vegies - corn, pumpkin, potato, carrot, parsnip, beans, cauli etc)

Wash vegies, cut into 2-centimetre chunks. Place in a large saucepan, cover with water and add stock. Bring to the boil then simmer for an hour. You can then mash it all up, or keep it as a chunky-style soup.

Bingo For Kids

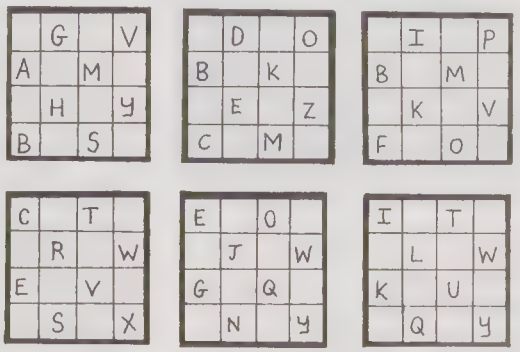
by Sherryn Savage, Currambine WA.

This game is played exactly the same way as traditional bingo, but instead of numbers, letters are used. It is a brilliant teaching aid, which is both simple and inexpensive to make.

You will need:

1 sheet of thick cardboard
textas
scissors
ruler
pencil
plastic counters (46 of one colour & 26 of another)

Begin by marking out 6 (18 x 18 centimetre) squares on the cardboard and cutting them out. Then colour a 1-centimetre border all the way around each of them. Now using a pencil and ruler divide them all into 16 (4 x 4 centimetre) squares and fill in the letters as follows:



You can now colour the empty spaces if you wish. Next print A - Z on the 26 counters.

How to Play:

Each player has a playing card and 8 blank counters. One person (referred to as the caller) shakes all the lettered counters in a bag or cup. He selects one letter at a time and calls it out. Those players who have that letter cover it with one of their counters. The first player to cover all their letters on the card calls out 'Bingo' and is declared the winner.

PUZZLE REVIEW

World Jigsaw Map

from Hema Maps

This 300 large-piece puzzle is a complete map of the countries of the world and includes many interesting details such as cities, rivers, time zones, railways and airports. It is approximately 570 x 890 millimetres. It is a really fun way to learn about the world.

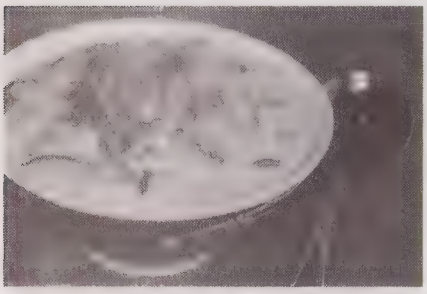
Contact: Hema Maps Pty Ltd, PO Box 4365, Eight Mile Plains, Qld 4113. Ph: 07-3340-0000. RRP $24.95.

Win a World Jigsaw Map and Wall Map

To really add to your winter fun Hema Maps are giving you the chance to win a map pack valued at over $45. The pack includes the World Jigsaw Map described above and a large laminated World & Flags wall map. For a chance to win send us details of your favourite 'home-grown' indoor game or craft activity. The winner will be the one we judge as the most original and fun.

IN THE KITCHEN

Mashed potato, mmm . . . Potatoes are the ultimate comfort food and there are excellent heritage varieties available that are easy to grow. The vitamin C lies just under the skin, so don't peel them unless you have to.



CORN, POTATO & ROCKET CHOWDER

1 onion, chopped
1 clove garlic, crushed
500 g potatoes, cubed
2 celery sticks, sliced
2 tbsp olive oil
2½ cups vegetable stock
1 cup milk
400 g sweet corn kernels
2 handfuls rocket, roughly chopped
black pepper
cheddar cheese, grated, to serve

Put the onion, garlic, potato and celery in a large heavy-based saucepan with the oil. Heat until sizzling then reduce heat to low. Cook gently for 15 minutes, stirring occasionally. Pour in stock and bring to the boil. Reduce heat, cover and simmer for 15 minutes until vegies are tender. Add the milk and corn and simmer a further 5 minutes. Add rocket and cook 1 minute. Serve sprinkled with grated cheese. Serves 4.

POTATO & FETTA BITES

500 g potatoes
200 g fetta cheese
3 tbsp fresh dill, chopped
1 egg, beaten
1 tbsp lemon juice
black pepper
plain flour
3 tbsp olive oil
lemon wedges to serve

Cook potatoes in their skins in boiling water until soft, drain and leave to cool slightly. Cut up, peel and mash while still warm. This method gives a more dry and fluffy result than peeling and cutting first and then boiling.

Crumble fetta cheese into bowl of mash, then add dill, egg, lemon juice and pepper. Cover and chill. When firm, divide mixture into walnut-sized balls and flatten slightly. Roll in flour, shaking off excess. Heat oil in frying pan and fry in batches until golden brown on both sides. Pat dry and serve hot with lemon wedges. Makes about 36.

CURRIED POTATOES

450 g potatoes
1 tsp turmeric
4 tbsp olive oil
2 onions, finely chopped
2 cloves garlic, crushed
2 green chillies, chopped
knob ginger, peeled and chopped
½ tsp each cumin and mustard seeds
salt and black pepper
50 g coriander leaves, chopped
lemon juice

Chop potatoes into small chunks and cook in boiling water with half a teaspoon of turmeric until tender. Drain then coarsely mash. Heat oil in heavy-based pan and add onions, garlic, green chilli, ginger, remaining turmeric and spice seeds, season and cook until onions are tender. Fold in potatoes and add a few drops of water. Cook on a low heat for 10 minutes, mixing well to ensure spices are spread throughout. Stir through coriander and serve hot with lemon juice squeezed over.

BUBBLE & SQUEAK

60 ml olive oil
1 onion, finely chopped
450 g potatoes, cooked and mashed until smooth
250 g cooked cabbage or any other leftover vegies, chopped
¼ cup parsley, chopped
salt and black pepper

Heat half the oil in a heavy-based frying pan. Add onion and cook until soft but not brown. In a bowl, mix together potatoes, cooked vegies and parsley and season. Add mix to the pan with cooked onions, stir well, then press into a large even cake. Cook over medium heat for 15 minutes until well browned underneath. Hold a plate over top of the pan, and turn both over together, transferring cake onto plate. Return empty frying pan to heat, add remaining oil. When hot, slide cake back into pan, browned side on top. Cook for 10 minutes until underside is also golden brown. Don't stint on the browning, as flavours need to caramelise together. Serve hot in wedges.

POTATO & CAPSICUM FRITTATA

450 g potatoes
3 tbsp olive oil
1 lge onion, thinly sliced
2 garlic cloves, crushed
1 red capsicum
1 green capsicum
100 g sundried tomatoes
6 eggs, beaten
1 cup sharp cheddar, grated
black pepper

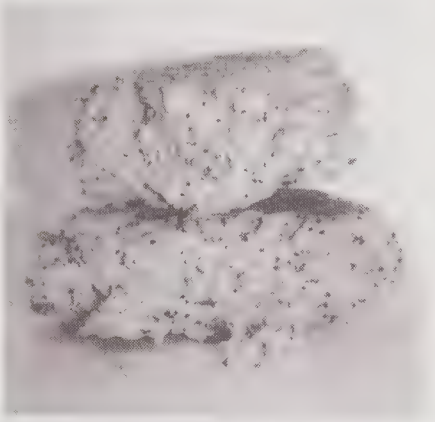
Par-boil potatoes for 10 minutes, drain and leave to cool. Slice thickly. In a nonstick pan, heat oil over medium heat, add onion, garlic, capsicum and tomatoes and cook 5 minutes, until softened. Add potatoes and continue frying until tender. Pour in half the beaten egg, sprinkle half the cheese over it, then add remaining egg. Season. Finish with a layer of cheese. Reduce heat to low and cook without stirring, half covering pan with lid to help set eggs. When firm, place pan under hot grill or in oven to seal top lightly. Leave in pan to cool. Serve at room temperature.

Desiree, Pontiac and Sebago are good all-purpose potatoes. An average potato weighs about 225 grams.

Vegetarian Winners

by Theresa Powe, Rochedale Sth, Qld.

As a child I was made to eat my vegies, especially pumpkin, and to this day I don't like pumpkin, but you would never suspect it because I have learnt to hide it in a variety of ways. I have always had an enquiring mind and been drawn to healthy recipes. They are just as easy to cook and taste terrific. When I see lovely vegies and fruit in season I am inspired to think of new ways to use them in our diet. My husband and I still eat meat – mainly chicken, fish and the occasional stew, corned beef or roast. However, through the years I have experimented with vegetarian dishes and often hit on a really good one all the family enjoys. Here are some of my vegetarian winners.



Eat burgers hot or cold, they're delicious with homemade plum sauce and a salad.

TOFU BURGERS

250 g firm tofu
1 med onion
2 to 3 cloves garlic
1 tbsp dark soya sauce
ground ginger
1 tbsp nutritional yeast
¼ cup sunflower seeds
¼ cup wholemeal flour
black pepper to taste

Remove the tofu from its package and stand it on a sloping board for a few minutes to drain excess liquid. Dice the onion and garlic finely. Crumble the tofu into bowl. Add all ingredients. Mix well, working with wet hands. Divide the mixture into quarters, then eighths. Shape each portion into a 7 to 10 cm patty. Cook 5 minutes each side. Makes 8 burgers, serves 4.

CHICKPEA PATTIES

1 cup chickpea flour (besan flour from health shop)
½ cup water, more if needed
1 tsp turmeric
2 tsp ground cumin
2 tsp ground coriander
2 tsp garum marsala
1 onion, diced
½ capsicum, diced
220 g tin corn (or fresh corn)
salt to taste

Mix the flour with the water and spices. Leave stand 5 minutes, adding more water if too stiff. Add onion, capsicum and corn. Mix well. Drop spoonfuls into hot oil. Other steamed vegies can be used if preferred.

BROWN LENTIL BURGERS

½ cup brown lentils
1 bay leaf
2 med onions
2 cloves garlic
2 tbsp oil or butter
1 tbsp dried parsley flakes
½ tsp dried basil
½ tsp dried marjoram
¼ tsp dried thyme
1 tsp salt
black pepper or lemon pepper to taste
½ cup fresh wholemeal breadcrumbs
2 eggs
2 tbsp tomato paste
2 tsp dark soya sauce
½ cup flour

Cook lentils, according to directions on packet, with bay leaf till tender. Drain lentils and remove bay leaf. Finely chop onion and garlic and sauté in oil or butter till onion is soft. Add herbs, salt and pepper. Mix lentils with other ingredients. Divide into 8 to 10 portions, wetting your hands to prevent mixture from sticking. Add a little more flour if it won't hold its shape. Cook till lightly browned each side.

PERMACULTURE DESIGN COURSES
With Rick & Naomi Coleman Dip Pc
Residential 13 day course on established site with internationally recognised teachers
7710 Bass Hwy, Leongatha, Victoria
November 14 – 29, 2003
Call Naomi for a brochure on **03-5664-3301**
or email scpi@tpg.com.au or check our website: www.southerncrosspermaculture.com.au

Cost $795 includes morning teas and lunches. Free camping. Work exchange available. First 10 people get free Mollison book. 10% discount for couples. Half price offer if you've done a PDC before.

Stone Ground Flour In Your Own Home

Using fresh wholegrain flour is the pathway to optimum health and **SCHNITZER'S** stone Mills are the best way to achieve it. Wide choice of hand or electric models. **Send SSAE or call us today.**

SCHNITZER MILLS 420 Freemantle Rd Bathurst 2795
TEL 02-6336-9100 FAX 02-6336-9111
Visit our website www.schnitzer.com.au

Repairing Chipped Knife Blades

by Alexander Cranford, Hay, NSW.

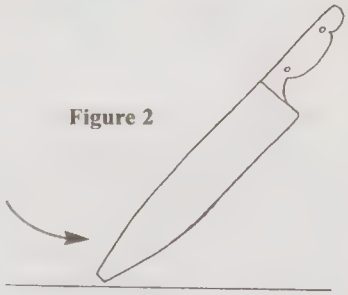
Quality knives cost money, so it is a pity to have one rendered useless because the blade has been chipped.

First find a scrap piece of concrete at least 30 centimetres long with a flat, reasonably smooth surface; it should remain stable while grinding is taking place. For longer knives, if only the point is broken off, it is not necessary to grind the entire blade, only the last quarter-section. Hold the knife at 90 degrees to the concrete and grind backwards and forwards until a complete curve is restored (figure 1). For larger knives it is easier to hold the knife with both hands. No lubrication is necessary at this stage. When it comes to the final reclamation use only drawing strokes (figure 2).

The knife is now completely blunt so a great deal of sharpening is required. Using a sharpening stone alone will eventually work, but is very time consuming. The basic rule of sharpening is to hold the blade at an angle of 20 degrees to the sharpening tool. Do not use angle grinders or the grinding wheels of a bench grinder.

Figure 1

Figure 2



Coarse sharpening can be achieved using the piece of scrap concrete and then finishing off with an oilstone. A much quicker method is to use a stationary belt sander. To prevent softening of the steel have a bucket of water handy to dip the blade in every five seconds. Give equal and alternate treatment to both sides. Even using a stationary belt sander can be quite time consuming if the chips in the blade are quite deep. If you do not have a stationary belt sander, ask someone who has and maybe make a new friend in the process. The Multi-Tool® that fits onto a bench grinder and converts one side of the grinder to a stationary belt sander has become quite popular in the last few years. If you would like knives with the new knife edge back on see *Bushcrafts 7*, by Ron Edwards.

In future consider buying a dedicated panel saw for the kitchen to do the job that caused the chip. I call mine a manual band saw. It does a marvellous job of cutting frozen fish fillets.

Do you lack computer skills?

The ***Computer Guide***, a 240-page book based on popular Q&A columns in various newspapers solves hundreds of problems, showing you how to: *free up disk space; eliminate startup errors; find what files need backing up & many hints and tips, tutorial sections on Word images and much more.*

Normally $36, but if you send this ad with a cheque to: Skarbek Consulting, Suite 120, 66 Kingsway, Glen Waverley, Vic 3150 **the cost is only $29.**

See www.skarbek.com.au for more details.

ASSOC KERO & OIL LAMPS AUSTRALIA

* Kero Lamps – New, Old & Aladdins
* Large range of chimneys, wicks, shades & parts for Aladdin & other kerosene lamps
* Parts also available for kerosene pressure lamps, stoves, heaters, fridges etc.
* Restoration & repairs. Mail order.

For further information contact Linda or John Gannon
Associated Kerosene & Oil Lamps Australia
84a Duncan Street, Braidwood, NSW 2622
Ph/Fax: 02-4842-1183 Day/Evening
www.oillamps.com.au Email: oillamps@oillamps.com.au

LITTLE PROMISED LAND Community
Tasmania

We are a small group of believers who seek to live by "every word that proceeds from the mouth of the Lord." We have 200 acres here in Tasmania, and are endeavouring to live a simple way of life.

We are in the transition phase of simplifying to an old-fashioned way, utilising old machinery, horses, and many of the ancient agricultural practises. Womenfolk wear long dresses, and menfolk long trousers. The world has turned its back on God. Thus we feel we must be separate from the world in order to raise Godly offspring.

This does not mean we do not reach out to others – as you are reading this advertisement now . . . But it does mean that, as commanded in the Scriptures, we separate ourselves from being tied to the world's ways. We homeschool, believe in patriarchal marriage, and believe Christ did not come to destroy His Father's law, but to show us how to live by it.

We invite all who are called to submit themselves to God's way of peace, and who desire to dwell in unity among brethren, to contact us . . .

Little Promised Land Community
GPO Box 1926, HOBART TASMANIA 7001
Ph: 03-6297-6124
patriarchs@hotmail.com www.littlepromisedland.com
Little Promised Land Community, Gully Rd, Brooks Bay Tasmania 7109

Top Breeds For The Table

by Megg Miller, Nagambie, Vic.

This issue our series on purebred poultry looks at two sturdy-looking English breeds renowned for the quality of their carcass. If you fancy home-grown chicken, you can't go past either Sussex or Indian Game. Both are placid easy breeds to keep, very large bodied and can be obtained as standard sized birds or miniatures.

Sussex are an old British breed that were raised in large numbers for the 19th century London meat markets. Often they were bought from farmers and finished by higglers, who crammed the birds with a mixture of tallow, milk and oatmeal so their flesh was soft and white. Indian Game, by contrast, were not developed or kept for meat, but resulted from the genetic tinkering of bored Cornish miners who found time on their hands after cockfighting was prohibited in the late 1840s. They crossbred existing fighting Game breeds and came up with a very solid-bodied new breed with exquisite lacing on the females' plumage. The emerging hobby of exhibiting poultry proved a catalyst for standardising and refining the miners' breed. Called Indian Game in the UK and Australia, they're known as Cornish Game in the US.

Indian Game have chunky bodies, short legs and a pea comb.

INDIAN GAME/SUSSEX CROSS

The special appeal of crossbreeding Indian Game and Sussex is that with the right colour varieties you can breed sex-linked coloured offspring. At birth, you can visually differentiate the males from the females. To achieve this you need a male bird that carries the genetic factor for gold and a female with the genetic factor for silver. Reverse the colours and the sex linkage doesn't work.

To create sex-linked chickens with these breeds, you need a Dark Indian rooster. These are largely black with chestnut on neck and tail hackles and on the wing, which indicates he carries the gold factor. The Light variety of Sussex is a predominantly white bird with black neck and tail markings. The white is the result of the silver factor. Mate the Dark Indian Game rooster over the Light Sussex hen and the female chicks are all buff and the males all silver.

In past decades smart farmers crossed the two breeds for household meat production. In the crossing, they were looking for faster growth and better feed conversion resulting from hybrid vigour. You get hybrid vigour when two birds or animals genetically distant are crossed. With cattle this might mean mating Braham with Angus, the former being *Bos indicus* from Southern Asia and the latter *Bos taurus* from Europe. The genetic distance between these two is significant so excellent hybrid vigour results. With the poultry breeds we're discussing, Sussex are soft feathered and white skinned while Indians are a Game so are hard feathered and yellow skinned. Genetically the breeds are very distant, more so than, for example, crossing Orpingtons with Sussex. The hybrid vigour will be strongest with the first crossing, but significantly less if you breed the crossed offspring together.

INDIAN GAME

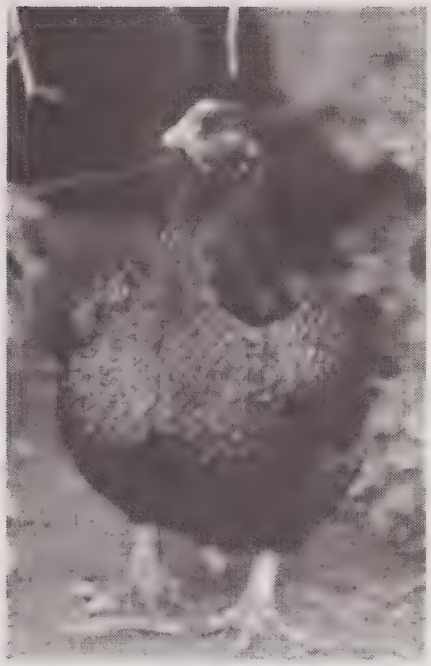
Often called the bulldog of the fowl-yard, Indians have tight-fitting glossy plumage covering a broad, deep, rounded body that is reminiscent of an ox heart in shape. They have a short thick neck and shortish, stout thighs and legs. Weights are around 3.60 kilograms for males, 2.70 kilograms for females, 1.25 – 1.47 kilograms for bantam males and 1.02 – 1.25 kilograms for the females.

Indian hens lay a roundish, tinted egg, but are far from prolific layers. They go broody and in the main make devoted, highly protective mothers. Just occasionally they will take a dislike to young and abandon or kill them.

Indians are real characters to have around; they look dour and even cruel, but hens waddle about happily and males are usually too big and awkward to be aggressive. They're a breed that can cope with high temperatures, provided there is damp soil to cool off in. The hens often start laying later in the season than other breeds and so lay on in autumn when eggs are getting scarce.

The biggest problem with Indians is finding long-legged males. Short legs are preferred for exhibition, but mating becomes a problem and show breeders often resort to using artificial insemination. An Indian rooster will need long legs to mate with a Light Sussex hen so be prepared to search for such a specimen. It's not uncommon for

NEW
OUT NOW!!
Two new books you cannot afford to be without!
'THE MAJOR BREEDS'
'THE RARE BREEDS'
By Bruce Pattinson
$33.50 each incl p&h
SPECIAL Buy both books at once!
$60.00 incl p&h
Poultry Information Publishers
PO Box 438, Seymour 3661



This Dark Indian Game hen displays the double laced pattern on her plumage.

long-legged males to occur in exhibition breeding so if people know you're keen they might be able to keep such youngsters for you.

In addition to the Dark Indian there are also Jubilee and Blue laced varieties. If you decide on Indians and are disinterested in crossing with Sussex, the Jubilee has white where the Dark has black and bay lacing on the female. They look better than Dark birds when prepared for the table because pin feathers are white and not noticeable.

It would be remiss not to mention the beautiful double lacing that decorates female Indians' feathers. Their plumage has a nut or mahogany brown ground colour, each feather edged with black (Dark variety) or white (Jubilee variety), and then a second inner band of either black or white in the central part of the feather. As you can imagine this is a stunning feather pattern.

PAWS IN PRINT BOOKSTORE

specialising in books on
DOGS, GOATS, LLAMAS, POULTRY, RABBITS, HERBS, AND MORE.

For a mail order catalogue
send 2x45c stamps to
PO Box 3168, Wheelers Hill 3150
Ph: 03-9795-9158 or 03-9580-7441
www.pawsinprint.com.au
Brookland Crt, Mulgrave 3170

SUSSEX

There are a number of colour varieties in the Sussex family: Red, Speckled, Coronation and Silver as well as Light. This latter is the best known and has white plumage with black-striped neck hackles and black on wings and tail. The Coronation is a dilute version of Light, with lavender replacing the distinctive black markings. Sussex are huge birds with abundant soft feathering, making them appear even larger. Weights for standard birds are 4.10 kilograms minimum for males and 3.20 kilograms minimum for females. Bantams range from 1.13 – 1.36 kilograms for males and 0.91 – 1.13 kilograms for females.

Sussex hens are fair layers of lightly tinted eggs, prone to broodiness and can be relied upon for their mothering skills. Being big birds they can cover a large number of eggs. Temperament is good, in females, but variable among males; some are placid, but others are aggressive and nasty. Don't buy bad tempered males, they're dangerous, especially if children are around, and this trait seems to be passed on to offspring.

Criticisms of this breed include the high feed intake required to maintain the large body, occasional problems with heat tolerance in high temperature areas, disappointing egg size and, of course, the odd rooster with a chip on his shoulder. All can be managed, through conscientious husbandry and sensible selection of breeding stock.

In the breed's favour, it should be pointed out Light Sussex hens are kept in large numbers at Collingwood Children's Farm in Melbourne and are just wonderful with the children and city folk that visit.

If you keep Sussex for the table, the Light would be the first choice because they're easiest to obtain and, like Jubilee Game, have white pin feathers so produce a nicer looking carcass. Speckled Sussex are on the rare list, but exist in sufficient numbers for you to be able to source them. The others, Silver, Red and Coronation, can be very difficult to find.

A Light Sussex hen. Sussex have single upright combs, and profuse soft feathering. You can tell how much meat is on an Indian Game but it's not clear with Sussex if a bird is big bodied or all feather.

ACCESSING STOCK

Indian Game devotees could contact the Indian Game Club of Australia for members in their area: C/- Shirley Weis, 25 Dumaresque St, Uralla 2358, or the Queensland branch of the IGCA: Doug Irvine, PO Box 880, Hervey Bay 4655. Alternatively, your local poultry club may direct you to nearby breeders. There isn't a specific breed club for Sussex, but the Light variety is popular so stock could be procurable from local breeders. Contacts should be sought from your nearest club.

Want To Know More About Poultry?

Having trouble obtaining reliable advice? Want to keep up to date with poultry?

Australasian Poultry *is the only magazine of its type in Australia. Look for it at leading newsagents, priced at $5.30 per copy, or have it delivered regularly to your letter box for only $30.00 per year including GST.*

Poultry Information Publishers
PO Box 438, Seymour 3661
Ph 03-5792-4000

A Combustion Stove Saga

by Heather Powell, Nelligen, NSW.

I'd like to share a little saga stemming from our purchase of an old house in the country. We knew the house was old and neglected when we bought it. We gave it a coat of paint, mowed the grass and moved in.

There was an old Everhot cooker (102, 1960s model I think) and I suppose 40 years of service is good going! It also heated water in a boiler unit connected to a complicated but efficient hot water system. I'm told an engineer would describe it as 'elegant'. There is a header tank, main tank, solar panels, but no booster unit (uh oh).

The solar panels thermosiphon hot water beautifully when the sun shines. Whoever put this system together was a genius I think; it's all true-blue homemade. The panels sit on the ground behind the clothesline so no pump is needed, but take care going to the laundry, and the dunny in it, or, if you are tall, you bump your head on the pipe taking hot water to the tank!

We looked at the combustion stove and thought: great – cooks food, heats water, heats us in cold weather – what a beauty! It looked fine from the outside, but, always check. We asked the heating shop to send out their resident expert to check it and clean the flue, with amazing right angle bends in it, before we lit the inaugural fire.

Daryl duly came, armed with his trusty torch, and proceeded to poke and prod and peer into nooks and crannies. He began with the flue. Asbestos, he said. Oh no! And cracked. Not good. The light from his torch rose higher up the flue, inside a huge wooden 'hood'. Uh oh. He pointed out where the flue was much too close to the plasterboard wall and had charred it! 'You're lucky the house is still standing.' Well, we are, but most certainly the previous owners were more lucky!

When we removed the fibro sheeting behind the stove and flue we found the plasterboard had not only charred, but totally burnt away behind the flue! The studs were charred, as were the ceiling supports in the roof! Wow!

Our old 'Everhot 102' and an antique gas stove which still works just fine. The brown and tan hood over both stoves, made of wood, had oodles of fat, dust and fluff caught inside – what a fire trap!

And the old stove itself? Well, there were so many broken edges, innards and seals, not to mention rust holes, it would be cheaper to get a new stove than to fix it. And better for our health, without asbestos and lead. Ouch. I'd expected to pay for a chimney clean, not a new system. But also, how does an insurance company view a system so unsafe? We took Daryl's good advice and went shopping for a new stove and flue system, and prayed for sunny weather so we'd have hot water while the work was being done.

You know the syndrome: start something and it magnifies and becomes more and more complicated?

Back to the saga. Next, we disconnected the old Everhot from the hot water system. It sounds simple. But, how do you turn the water off to do so? Hmm. Poor David spent hot sweaty hours broiling in the roof cavity (of course it was midsummer by then) trying to map our water system and find any taps to turn it off. He spent more hours crawling around under the floors in the dirt, at least that was cooler. Our pipes are amazingly complicated, but we finally worked out most of it.

At least we found that if the house water pump is turned off, it won't fill the header tank so water can't flow down to the stove, or to the solar panels, so we covered them up. We also found that the unidentified extra tap outside the verandah is a hot water system drainage tap for just this contingency. The week before, Daryl

told us, he had a kitchen full of water because they couldn't turn the water off to the stove. Take care if you are building such systems.

Next we used the big trusty wrenches to separate stove from pipes. The asbestos flue came out in one piece and was carefully carried out to the truck, followed by the stove and the rest of the flue.

Then it was time for more destruction. We took the fibro sheeting off the wall and then realised that the hearth was too small. This was turning into a much bigger job than we'd bargained for. The hood above the stove had been catching grease inside for 50 years. Grease plus dust plus fluff equals fire waiting to happen. With the hood removed, suddenly the kitchen seemed much larger and lighter.

We replaced and painted the cement sheeting – much nicer – and put down a new thick cement slab for a hearth.

We had decided on a Nectre Bakeoven, which is much cheaper than the full stoves, and narrower, so it fitted the legal distances to combustible cupboards, which we also lined on the outside with cement sheeting to insulate them. I've become quite paranoid after seeing the charred mess behind the old flue. Also, the new regulations for emissions from wood-burning appliances are much stricter than of yore.

We now had a nice stove, hearth and straight flue so we could clean the chimney ourselves. The flue very nearly goes through the same place as the old holes in the ceiling and roof. We replaced the lead that was there with a newfangled flexible 'skirt' where the flue meets the roof.

Of course, it hadn't rained in weeks, but it started to drizzle when Daryl began putting the flue up on the roof. Murphy's law, no worries! We mopped with towels and got the skirt snugly around the flue and siliconed to the roof. It doesn't even leak. He did a little patch job on the ceiling and put one new sheet of corrugated iron on the roof.

Then came the fun part of connecting up the water, that vital stuff. We'd been without hot water for a week, but at least we had cold water, albeit by gravity as we had no pumping yet. At least the tanks were set high enough to be *able* to gravity feed – our neighbours all have theirs set down-slope and need pumps for any water in their houses.

There were the pipes and there were the connections at the back of the stove – of course, different! David loves playing with water and pipes and plumbing things, so off he went to the plumbing supply shop, where a wonderfully helpful fellow gave great advice and found bits and pieces that eventually did connect it all back. Water flowed once more! We could turn the pump on!

I recommend that if you are not patient, full of perseverance and know a bit about plumbing, pay a plumber!

And the saga finally draws to an end. The first fires were a celebration; two small ones before a raging one. We now toast ourselves happily, watching the wonderful play of flames through the glass while dinner bubbles quietly on top and the kettle steams gently. We feel the hot water pipes to thoroughly appreciate our hot water. Altogether it's a friend in our kitchen. It uses little wood and is easy to stoke. The wet clothes on the clotheshorse dry in front of it overnight. Much joy. Is there anything to be learnt from this story? Is the old stove charring your home? Do ask for expert help. Your home (and your insurance!) is too precious to burn up unwittingly.

eco~ball™ **Chemical Free**
SUPER CHARGED LAUNDRY BALLS
SAVE MONEY
SAVE WATER
Replaces all soaps and detergents in your washing machine – no need to rinse
Environmentally friendly
Hypoallergenic & antibacterial
No harsh detergents or chemicals to pollute our waterways
For free leaflet or to order contact –
Safe Eco Products – PO Box 522
Daylesford VIC 3460
Ph/Fax: 03-5348-7988
Email: safeecoproducts@bigpond.com
Gays Rd, Wheatsheaf 3461

It all works. The joy of the kitchen now, with new stove; it's warm, it cooks, it makes hot water and it doesn't burn heaps of wood so is very economical. We still have the trusty old gas stove too. It might not be the world's most trendy kitchen but it's a great space.

Halter-Training Cattle

by Elaine Williams, Cooray, Qld.

There are a number of benefits associated with halter-training cattle. Obviously, a halter-trained animal is easy to move from one place to another. This is especially so when you might need to cross a road, when the animal has strayed into a neighbour's property, or when you need to travel further than the temptation of a bucket of feed will take you. In these situations most cattle invariably go in the opposite direction to the one you intend. Much aggravation can be avoided by having an animal that you can easily approach, slip a rope over its neck and lead off.

Other advantages of a halter-trained animal include ease of handling for veterinary procedures such as artificial insemination, vaccinating and treating injuries. If you keep purebred stock, you might like to try your hand at showing your animals, in which case good halter-training is a necessity. The process of halter-training cattle, or any large domestic animal for that matter, usually results in an animal that will lead and also be easier and safer to manage in general than one that hasn't experienced the extra handling.

At times you can be fortunate to own an animal (often a bloodline) that is naturally very quiet and easy-going. The process of halter-training these animals can be quick and easy, and even be a real pleasure. A well-handled halter-trained animal is more valuable for resale than one that is not. This applies particularly to house cows. Which house cow would you rather buy – the one you can milk anywhere, or the one that has to be put in a crush and leg-roped?

It's a good idea to start halter training before the calf is weaned.

WHEN NOT TO HALTER-TRAIN

Halter-training requires a substantial commitment in time, effort and patience if you want a good result. The desired end result is a quiet, respectful, relaxed animal that you can easily catch, handle, tie up or move about with no fuss. If you simply don't have the time to practise daily until the skill is mastered, if you become easily impatient, are likely to lose your temper when you get rope burn or when your foot gets stepped on for the third time, it probably isn't a task you'll enjoy.

It can be unnecessary if the cattle are kept in well-fenced and organised paddocks with a sturdy set of yards for health management. Similarly, it can be impractical with large or commercial herds unless you intend showing.

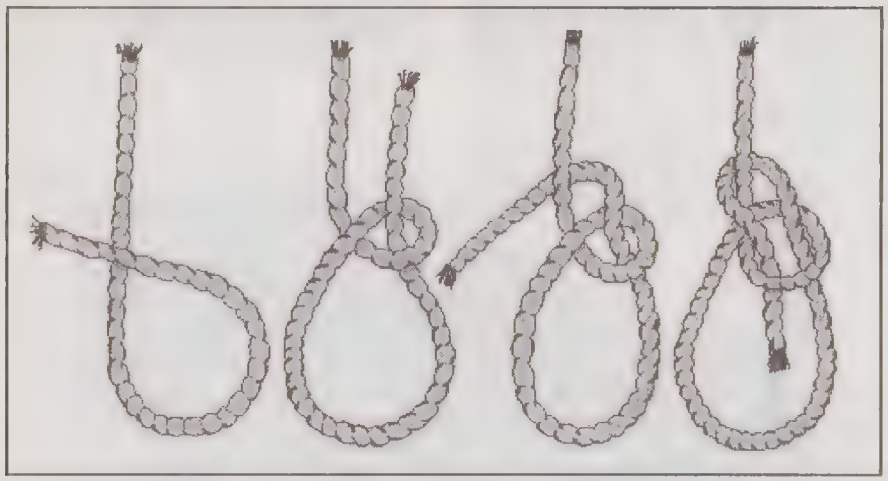
Some cattle will never be truly quiet and reliable to handle. Occasionally, you get an animal that is genetically predisposed to flighty, nervous or aggressive behaviour. Sometimes you encounter one that has had a previous stressful experience with people that it just doesn't get over. You will quickly recognise this type of animal as one that continues to resist your contact and simply never relaxes no matter how calm and steady your approach is. In these situations personal safety must be considered. How flighty the animal is will determine whether it should be culled from the home herd or tolerated. Unfortunately, a flighty cow will often influence its calves' behaviour to develop the same way, even if the temperament problem is not a genetic one.

BASIC EQUIPMENT

For calves, a six-metre (or so) length of soft nylon rope that is as kind to skin as possible is more than adequate for control and is certainly the most cost effective option. Simply tie it snugly (not too tightly) with a bowline knot (see diagram) around the calf's neck, leaving the remainder of the rope to trail behind. The free end of the rope can be easily looped through the neck loop and over the calf's nose to act as the 'brakes'.

Many people use calf collars. A calf collar is just a broad sturdy leather strap with a D-connector for attaching a rope, which buckles snugly around the calf's neck. Position the D-connector under the calf's neck and attach your rope. As with the plain rope method, pull a loop of rope through the D-connector and over the calf's nose to act as the brakes. If you intend showing your calf, or want to train an older animal, a conventional cow halter will be necessary.

Figure 1: How to Tie a Bowline Knot



Conventional halters must be sturdy leather or PVC with a chin strap made of chain being optional. A long, soft, sturdy rope is tied to the halter D-connector with a bowline rather than a spring clip as is usually found on lead ropes. Lead rope clips often break under stress. An animal only needs to break a clip and escape once or twice to reinforce the behaviour of using its strength to escape. Once the animal is accustomed to, and accepts, being led and tied, then it's usually fine to substitute a normal lead rope with clip.

Strong or unpredictable beasts such as bulls require a nose ring and a leading staff to maintain adequate control. This is of particular importance if they are in a location where they can escape, do damage, or cause injury, such as at agricultural shows. Be aware that bulls are extremely powerful and should never be trusted. Owning and handling bulls requires experience and extreme care. This article in no way recommends anyone start halter-training with a bull.

It's of benefit to have a helper to begin with. A second person encouraging from behind at the start of training is useful for helping to get the animal moving forward. Assistance is also handy when there is more than one animal to train at a time. For example, moving two calves along together is easier than trying to lead one away from its mates. The job is easier if a second person can lead a previously trained quiet animal alongside to set a good example for the trainee.

Finally, a secure area to work in, such as a set of cattle yards or a small, well-fenced paddock, will make the task easier in the initial stages of training. Though not essential, it certainly helps to limit opportunity for the animal to overpower you and get away. As mentioned above, when an animal discovers its strength in this way it can be very difficult to undo the behaviour. It's much easier to prevent the situation from arising. In a small sturdy yard you can maintain contact via your long rope, so the animal doesn't get to 'win' even if it does try to bolt.

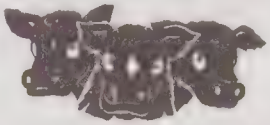
HOW TO HALTER TRAIN

The easiest method, with best long-term result, is to start with a young calf less than a week old. The exact strategy to use will depend on your own personal system for managing your cattle. Adapt the following outline to suit your own timetable and arrangements.

Keep the cow and calf in a secure, handy paddock just prior to and following birth. This time is useful for monitoring the health of both cow and calf following the birth as well as protecting the calf from predators during its most vulnerable time. In this way the calf has human contact right from the beginning and is less inclined to be wary of people.

During the first week or so after the birth of a new calf, secure your length

Australian
Miniature Cattle
- *The Affordable Alternative* -
FOR MILK, BEEF OR JUST PLAIN PETS



Donna & Hugh Anthony, Kyrhet Stage Co
131 Old Coach Way, Yandina. Qld 4561.
Ph: 07-5446-7049
Email: kyrhet@bigpond.com.au
Website: http://minicattle.virtualave.net

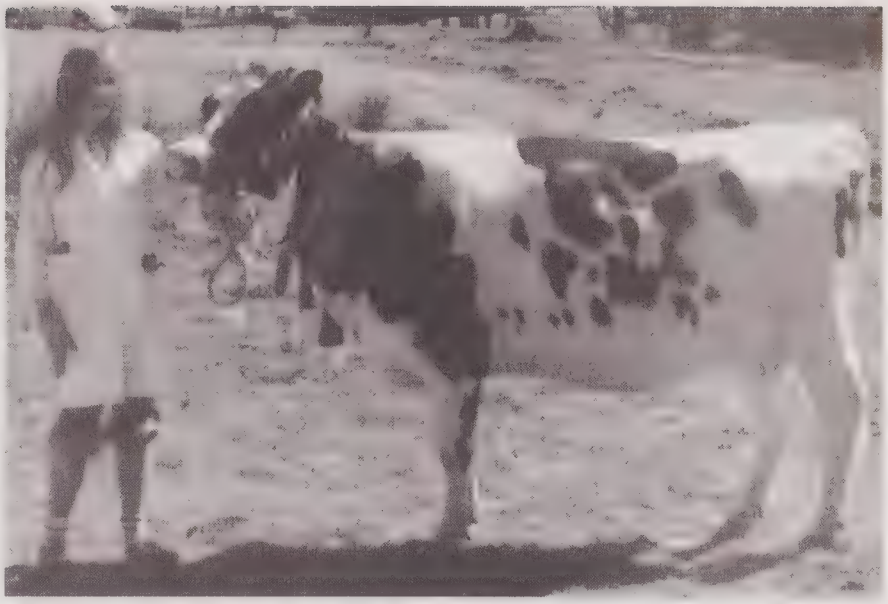
Elaine in younger days at the Brisbane Exhibition with a well-trained Guernsey heifer.

of rope (mentioned above) around the new calf's neck. A usual method of getting a rope on a young calf is to wait until it's sucking or sleeping. If, however, you have a lively one, you might have to move it into a bail or small yard. To prevent an active calf from evading you, get a firm grasp of one front leg and hold it off the ground. Be sure to hold the leg in a comfortable and natural position so as to not unduly stress the little animal. The idea is to get the rope or collar on without causing the calf to feel threatened and therefore scared of humans. It is a good method because the calf is too busy keeping its balance to be able to effectively escape. Obviously, a helper would be useful at this time if one is available. The long trailing rope allows you to easily catch the calf to handle it whenever you get the chance. Ideal times are when you feed and milk the cow. It is necessary to keep the calf in a paddock free of snags and debris that will tangle the rope.

Once the cow's milk has settled down, return the cow to her routine of going out to graze with the herd during the day. This is where the halter training process begins. Catch the calf by catching the trailing end of the rope and doing a combination of reeling it in and working your way up the rope to get to a position in front of the calf's left (near side) shoulder and behind its head.

Once in position, loop the rope through the collar and around the nose to give correct control. Calves have a variety of responses to the rope pressure and the approach of a human. These range from waiting placidly to bolting to the end of the rope, planting the toes and leaning against the pressure. Whether they are resisting by pulling back or dashing away, it's very unlikely that they will just walk along. That is why it is a good idea to start while they are not physically strong enough to overpower you.

It's best if you only lead your calf a short distance, preferably to a small, secure paddock where it will spend the day. The ideal arrangement would include at least one other calf for company. To encourage forward movement, hold the rope quite short under the calf's chin with the right hand. You can either use a stick (polypipe is good) or hold the end of the calf's tail in the left hand. Please note that the idea is not to hurt or scare the calf, but to cause enough irritation that the calf will try something (hopefully moving forward) to get away from it. Encourage the calf to move forward by tapping its rump with the polypipe or giving the tail some gentle tugs. The instant the calf shows forward movement, even if it's just leaning forwards instead of backwards, reward it by immediately ceasing the tapping or tugging. Give it a moment for this information to sink in then repeat the actions.



Elaine at a local show with a halter-trained Ayrshire cow. Attending local shows can be rewarding and a lot of fun.

Importantly, always try to finish a leading lesson on a good note. If you drag the calf into its day paddock and let it go, it will only learn that if it just tolerates what you do, and 'hangs in there', eventually you'll let it go. Alternatively, if you release the calf when it is doing the right thing (not resisting), it will discover that it has a choice. Resisting will result in irritation, and yielding will result in comfort and then freedom. Any chance you get during the day, catch your calf just to give it a rub and scratch. This is important for two reasons: First, the calf will not automatically come to assume that approaching humans mean that it's time to be dragged around again. Second, it accustoms the calf to being handled all over, and with time it will come to enjoy this when you learn its favourite spots.

Another good idea is to reinforce your actions with verbal cues. For example, when asking the calf to move forward, pick a word that's easy to say and use it consistently, such as 'walk'. Similarly, when asking it to stop, reinforce the action with 'whoa', or a word of your choice that sounds sufficiently different from other words you use while training. Use soothing sounds when it does the right thing. With some animals you'll be wasting your time, but occasionally you get a smart one that will pick up quite a few words.

When the cow comes back in the afternoon, feed, milk and put her in your night paddock as usual, leaving enough milk for the calf of course.

CHEESE & YOGHURT

Learn to make your own at our Home Cheesemaking workshops! We supply cheese & yoghurt starter cultures including acidophilus & bifidus, rennet, mould spores, cheesewax, cheesecloth, thermometers, cheese baskets, & Australia's top-selling Home Cheesemaking book. Mail orders serving Australia.

CHEESELINKS

PO Box 146, Little River, Vic 3211
Ph: 03-5283-1396 Fax: 03-5283-1096
Email: cheesemaster@cheeselinks.com.au
www.cheeselinks.com.au
15 Minns Rd, Little River 3211

Catch your calf again, this time to lead it for the purpose of taking it to the cow for a drink. Instead of constant encouragement, you'll get to try out lots of 'whoa' practice. Ending on a good note is not a problem in the afternoon because the leading process ends in reuniting with mum and a good feed. Keep the calf and cow together overnight in the night paddock. The calf has the cow's company and protection during the night so you don't have to worry about bellowing, escaping or predators.

OLDER CATTLE

The goal is to demonstrate your dominance, thereby gaining the respect and obedience of the animal. This is very difficult to achieve if the animal is either afraid of you or succeeds in overpowering you. Obviously, this is why there is a greater chance of success with younger animals. The methods outlined above apply to older animals, but with a few adjustments.

Small, secure yards are a must, as is a strong halter and rope. To avoid a battle of strength, which a human will usually lose, make your first lessons just handling sessions. Catch and halter your animal in a crush for safety. Attach your long rope with a bowline knot. Let the animal out of the crush into the small yard. Get hold of the end of the long rope, loop it around the sturdiest post in the yard and 'reel' the animal in. Tie it off so the animal has enough room to easily experiment with moving forward and back against the rope. It can do all its fighting and resisting against the post. It doesn't differentiate between you and the post as such; all it knows is that it can't escape from you by resisting. Be patient, and when it relaxes and stops struggling, give it a feed reward. Catch the animal daily until you can tie it up easily and handle it all over. The company of an older, already trained animal is a big advantage in helping calm the novice more quickly.

Once the animal is comfortable with the handling lessons you can move on to leading lessons. Start out in the confines of the secure yard and always end on a good note. Short, frequent lessons with a food reward at the end will lay the groundwork for more lengthy leading sessions out in larger areas.

SOME NOTES OF CAUTION

Be aware that handling does not mean turning the animal into a spoiled pet. Cattle are large and strong, as we know, and we certainly don't need them to be large, strong and disrespectful. Bossy, barging cattle can be a menace and quite dangerous, especially if you have children.

Take care not to leave the animal tied with too great a length of rope. Cattle are quite good at dashing away and wrapping their rope around the legs of the unwary. Similarly, it's never a good idea to wind a lead rope around you, and especially not around your hand or wrist. A bolting animal can cause the rope to cinch down tightly and cause serious injury.

Training your cattle to lead requires little financial investment and has the potential to give the patient owner many rewards. Cattle can be delightful creatures to work with, even though their behaviour can be frustrating at times. If you are looking for a new challenge, why not give halter-training a go?

TOPICAL TIPS

HELP FOR YOUNG PEOPLE

The Inspire Foundation was formed in 1996 as a response to Australia's high level of youth suicide and attempted suicide to implement activities, mainly through the Internet, to help young people. Inspire works in conjunction with business, government and community groups to help young people get through tough times. Its latest project is the launch of a redeveloped website: www.reachout.com.au The new site makes it easier for young people to connect with expert advice and support and immediate referrals as well as providing inspirational self-help messages. The previous website received over 1.2 million individual visits in five years. Visits now average 1000 per day and tens of thousands of young people have been helped through troubled times.

AVOID AIRCONDITIONING
AND REDUCE HEATING COSTS
CONCERTINA
FOIL BATTS™
THE *RADIANT HEAT* BARRIER
THERMAL INSULATION FOR
CEILINGS • WALLS • FLOORS
• Efficient • Economical • Compact
RENSHADE perforated foil for windows and polycarbonate roofing
Tel: 03-9532-5855 Fax: 03-9532-5854
www.concertinafoilbatts.com 1800-066-002
WREN INDUSTRIES
139 Herald St, Cheltenham, Vic 3192

SOLAR REBATE PROGRAMS

The Federal Government has extended its photovoltaic rebate scheme until 30 June 2005, but has reduced the dollar-per-watt rebate amount from $5 to $4. The maximum rebate has also been reduced from $7500 to $4000. The fate

of the scheme beyond 2005 is unknown.

In response to the government's reductions BP Solar is offering an incentive program, called enviro-cashback. Customers buying a system could receive a rebate of up to $5000, consisting of a manufacturer's rebate from BP Solar and a payment for the benefits of the customer's emission savings (Renewable Energy Certificates or RECs). BP Solar will register and collect the RECs, in accordance with Federal Government legislation, creating an asset register of the environmental benefits of solar electric systems.

For more information about BP Solar's offer contact Nigel Morris on 02-8762-5739.

Wheat-Free Breads

by Fred Bailey, Reservoir, Victoria.

When Mum discovered that she was allergic to wheat, the effort to make bread from gluten-free grain became quite an adventure. We found that her allergy was not extreme so we were still able to use barley and rye, which have less gluten.

Having a grain grinder meant that we could grind our own grains into flour. I do my grinding in the garage, a bit at a time, while I feed the animals. If the flour becomes too hot, a loss of protein results. Grain, especially hard wheat, causes a lot of friction. Therefore, for those choosing a grinder, make sure that any part in contact with the grain is made of stainless steel.

Our first grinder did a wonderful job for 20 years, until I realised that over time part of the aluminium alloy that was in touch with the grain had worn away. It was good for another 20 years, but, knowing what was happening to the aluminium alloy, and where it was finding its way, I replaced it.

The method of making millet and buckwheat and rice breads is not too different from wheat bread. We use sourdough yeast that is topped up with either barley, rye or buckwheat flour.

The secret of making bread with millet and rice is to use very hot (almost boiling) water and to mix the flour with a spatula and wait for the dough to cool down before adding the sourdough.

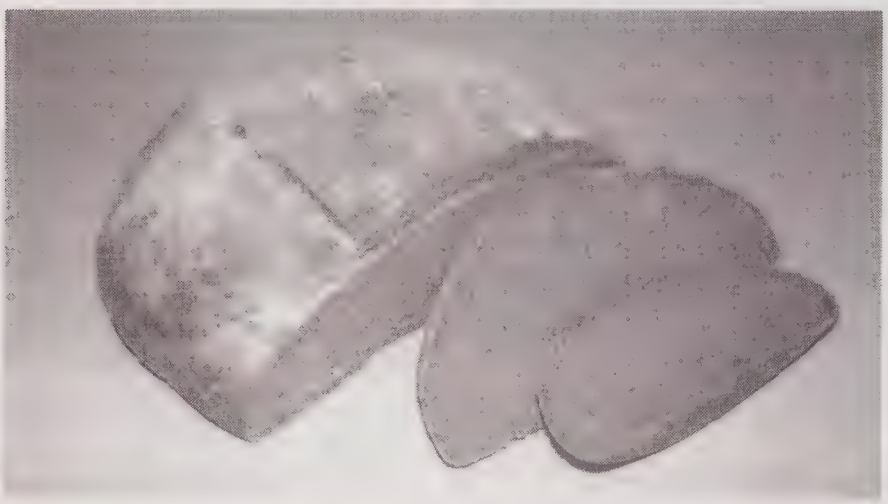
Millet on its own does not make very good bread, therefore buckwheat is added to it. Millet goes hard and gritty as it dries up, so it is not a bread to keep for more than three to four days. It is a bitter grain, so we add a little extra salt to it. It also does not make very good toast, but, to its credit, it is an alkaline grain. Even so, it is an interesting change. We never really compare the grains we use against each other. We choose which grain to use according to the taste we'd like to experience for the next four to five days.

Rice bread is quite sweet and moist, great for toast and should keep for a week. I say 'should' because we tend to over-indulge when we bake it. The one thing to be aware of with rice flour is that once the dough rises it should not be left standing for too long. Once the rice dough rises, bake it.

RICE BREAD

7 cups very hot water
9 cups rice flour
2½ cups sourdough yeast
salt to taste

Add the hot water to the rice flour. Mix with a spatula and wait till it cools down. Once cooled, add the sourdough yeast. Best to remove any water from the yeast and add it to the mix if needed. Put in oiled tins, cover. Leave till the dough has risen to the top of the tins. Bake straight away at 180° C for 1 hour (depending on your oven).



SOURDOUGH STARTERS

Try one of these starters to begin your sourdough baking.

1 cup sugar
½ cup mashed potato
4 cups flour
water potato was cooked in
or
2 cups flour
1 tsp salt
1 tbsp sugar
2 cups lukewarm potato water
or
1 cup rye flour
½ cup soy milk

In each case mix ingredients and let stand, covered with a cloth, in a warm place till dough smells sour and begins to bubble. The dough will rise, so use a large container. Store in fridge and replenish the portion used by adding more flour and liquid.

MILLET & BUCKWHEAT BREAD

3 cups very hot water
3 cups millet flour
3 cups buckwheat flour
2½ – 3 cups sourdough yeast
salt to taste

Add the hot water to the millet flour. Mix with a spatula, cover and wait till it cools down a little. Once cooled, add the buckwheat flour. If the dough is getting too dry, add some water from the sourdough.

Add the sourdough yeast. If the dough has enough water, remove and put aside the water from the sourdough. Add this water if the dough starts to dry out as it is being worked. Put in oiled tins, cover and wait for the dough to rise to the top of the tins. Once risen, bake for about 1 hour at 180° C (depending on your oven).

WHAT'S ON IN SPRING

FORCES OF NATURE

If you're feeling crafty, why not go and see the quilt exhibition, Forces of Nature, on from 15 to 17 August? A feature will be the Elements of Nature quilts, created for a joint challenge between Essendon Quilters and their sister guild from Jamestown, USA. Cost $7, at Clocktower Centre, 750 Mount Alexander Rd, Moonee Ponds 3039. Ph: 03-9243-8819.

WHAT'S COOKING?

Want to extend your vegetarian repertoire? Learn how to make a selection of easy, delicious and nutritious vego dishes that will suit the whole family at Cooking Co-ordinates. The class is $45, at Belconnen Markets, Canberra, on 23 August. Call 02-6253-5132 between Wednesday and Sunday, or visit www.belconnenmarkets.com.au

SOLAR HOUSE DAY

Solar House Day on 14 September offers the opportunity to visit sustainable houses all around Australia and New Zealand. If you are building, renovating, or just interested in finding out how other people have set up their houses to be more energy efficient, make sure you go along and explore some homes in your area. Cost is $20, Ph: 1300-302-962, or visit the website for locations of solar houses: www.solarhouseday.com

SPRING PLANTING FESTIVAL

Greening Australia Victoria is encouraging everyone to participate in planned community events to celebrate the 2003 Spring Planting Festival over the three months. Events are free and entertainment will be provided. To get involved in some planting fun, look up www.springplantingfestival.org.au

WIN A BD BEGINNERS' COURSE

The Hunter Biodynamic Group is running a two-day beginners' BD course on 25 and 26 October. It's aimed at current and prospective producers, processors and consumers and costs $195 including some meals. The group also has two scholarships to give away. To win one, write to HBG, 207 Duns Creek Rd, Duns Creek 2321, and include less than a page on how you could best make use of the opportunity. For more information call Helen on 02-4938-5308.

Visit Tim and Phillipa's house, Tallowood.

TALLOWOOD HOUSE TOUR

The Handmade Houses and Gardens Tour through the beautiful Nambucca Valley is on 27 and 28 September 2003. It's a major fundraiser for Tallowood School and consists of a two-day self-drive jaunt around up to 20 alternative and unique homes. Owner builders will be on site for discussions. A travellers' dinner and information evening will be held at the school on Saturday night. For enquiries call Darrel Ewart on 02-6564-7619.

ORGANIC CONFERENCE

Organic Futures for Australia, the second national organic conference, will be held at the University of Adelaide on 2 and 3 October, followed by farm visits the next day. Contact the OFA at PO Box 768, Stirling 5152, or at www.ofa.org.au

CELEBRATE OUR WILDFLOWERS

The lovely Grampians Wildflower and Arts Show is being held from 3 to 8 October. Submissions are being invited for the Giant Fantasy Sculpture Competition. Entries close September 21. For details, conditions and entry form contact Val on 03-5356-4267, or email: bunjil@netconnect.com.au

WHAT'S ON SHOW IN BROGO

Interested in handmade goods? Visit tiny Brogo, NSW, on 4 October and tour their many home-based businesses, including a soapmaker, a homoeopathic vet and a sourdough baker. See permaculture in action and visit the houses. Call 02-6492-7202, or go to website: www.brogo.org.au for details.

BLOCKIES' FESTIVAL

All are invited to Wylahra Grove, Qld, on 6 and 7 September for a blockies' festival displaying this unique lifestyle through stalls, building techniques and plenty of food, drink and entertainment. Contact the Secretary, PO Box 105, Millmerran 4357.

LOOMCRAFT 2003

Curious about felting, dyeing, weaving or spinning? Five days of workshops of various lengths are being held in Glenfield from 5 to 10 October by the Hand Weavers and Spinners Guild of NSW Inc. Applications close 14 August. There'll be many courses, traders, a market, exhibitions, a dinner and a fashion parade. For details contact the Loomcraft Committee, PO Box 578, Burwood, NSW 1805.

SPRING IN THE CITY

Urban dwellers on the east coast can look forward to multiple spring garden festivals. Melbournians can visit the RACV Home Show and Garden Expo at the Exhibition Centre, Southbank, from 16 to 24 August. Sydneysiders have Sydney in Bloom on at the gardens in the Domain from 24 to 28 September. Floriade is on again at the Commonwealth Park, Canberra, from 13 September to 12 October. Check out the sensory garden exhibit designed for those affected by physical or visual impairments.

Tassie Haven

by Sherrian O'Connor, Spreyton, Tas.

Sherrian and Brian decide that, despite the stress of upheaval and the hard physical work of establishing a new home and garden, relocating to Tasmania has definitely been worth it.

At last we've made it. We're here in our Tassie haven. The final few weeks in Melbourne were hectic to say the least. Finding younger son Chris some cheap accommodation when he decided to stay in Victoria was a hopeless task. My timetable was shot and I totally lost the plot. We ended up putting his belongings in storage and leaving him boarding with his brother Simon and his fiancée while he continued the search. Moving out day saw the house still full of assorted 'stuff'. Panic! We were saved when a marvellous neighbour came to the rescue, taking about a skip load of bits and pieces back to his place to sort and keep or dispose of.

Fortunately, the weeks (months) of planning paid off and everything else fell into place. With both vans and the trailer crammed full we trundled down to relatives for the last couple of nights. A bon voyage dinner was held, then we were on our way. It was sad saying goodbyes, but I must admit to a great feeling of relief when we made it onto the ferry and dumped our cabin bags on our bunks. We were just about exhausted, physically and emotionally.

Morning, and the sense of excitement returned as we drew near the coast of Tassie. We were into the vans, off the ferry, through quarantine and heading for Laycock Road. Having stopped at traffic lights, I couldn't find third gear again so finished the journey in second! Still, I did get the Urvan to Spreyton and had only driven it four times before! There was some consternation when we spotted our removalists' van halfway up the hill. There'd been a mix-up somewhere – we hadn't been expecting them till the following week. Fortunately, they agreed to come back the following week, when we were expecting them! It took us the full day to unload everything from the vans and get the kitchen and bedroom organised as well as make a trip to the shops for supplies. Boy, did we sleep well that night!

We've now been here nearly five months. There are still cartons to unpack. Brian's set square and drawing board seem to have disappeared and I can't find the box of cookery books I earmarked to go in the van with us. A carton has been freighted back to Chris because the set of small kitchen appliances I'd bought him ended up here by mistake. In the end we were able to help him shift into his rental unit when we went back for Simon's wedding in January (in the heat!).

We've already had house-guests, including some English cousins, and more are due soon. Our first vegie beds have been started, we've earmarked orchard space, stocked up with firewood and rationalised a few paths. Brian has constructed a ramp down to our 'wilderness' area, which has instantly reclaimed much of the block. The garden club has taught us sources of affordable plants and we're becoming adept at spotting

Sherrian and Brian on the ramp down to the wilderness area constructed with recycled materials on their sloping block.

Sherrian with her first Tassie crops, soon to be fenced to keep out the local wildlife.

roadside sales of various manures. Our trailer is ideal for visits to the second-hand building supplies yard and the Transit van has been perfect for shopping trips to Launceston. Furniture, carpet, plant pots and a wheelbarrow all fit very nicely thank you. We are definitely van people.

So, is it the property we envisaged in our dreams? An older 'character' house, on about an acre, preferably with some established fruit trees and plenty of levelish land for rotational vegie planting. Weeeell, not exactly! It *is* 49 years old and does have character and there are a couple of struggling fruit trees. A flat acre? Err – no! More like a third of an acre, much of which would be enjoyed by goats, mountain goats that is! So why did we buy it? Because it was 'the one'. The house claimed us; it let us know it was ours the moment we stepped inside. Buying a house is scary stuff, a huge decision at any time, but sometimes you just have to go with the gut feeling. Keep your head but follow your heart. Was it the right move? You bet!

Yes, there are negatives. Leaving family and friends would be the biggest. Email has been working overtime and stamp purchases are up! It'll take time to get to know people here, but everyone's friendly and we're joining clubs and groups in an effort to rebuild a personal network. We've found that dentists' appointments are like the proverbial hen's teeth and Brian had to go to Launceston for a specialist medical appointment if he didn't want to wait three months. Oh yes, we had to buy our own wheelie bin too! We still have blackbirds scattering the mulch and wallabies are snacking on our garden, but then, I should have known better than to plant carpet roses at the front gate!

Actually, none of the wildlife here seems very bothered by us, we are just accepted as fellow residents. Blue-tongue lizards trundle about their business, the compost rat removes himself to the hedge when we take up the latest scraps, and birds bathe and forage only metres from our delighted gaze.

Yes, there's a lot of work – enough projects to keep us occupied for years. I suspect our bodies will give out before our enthusiasm does. I don't think we've ever been as physically active, achingly discovering muscles we never knew we had. Still, bit by bit, we're making the place workable for us. We're redefining walkways and opening up fresh areas for use, doing a bit of judicious pruning and fencing (against gourmet possums and wallabies), and there is actually enough space to rotate the vegetable planting. Some consulting of gardening books has revealed hardy perennials in my favoured 'Englishy' shades of blue, pink, mauve and white. There is already a delightful bluebell walk and a massive rhododendron, which I have always fancied. Fuchsias host honeyeaters and honeysuckle scents the air. Tiny frogs appear in amazing places and skinks scurry everywhere. The air is crisp and fresh and often the loudest sound is the birds. It really is glorious – we love it.

If you've been considering making the move – go for it; it's worth it. Good luck!

Distance Education

OVER 300 COURSES INCLUDING:

Self Sufficiency, Permaculture, Herbs, Alternative Energy, Ecotourism, Ecology, Environmental Management, Agriculture, Aromatherapy, Healthy Buildings, Vegetable Growing, Fruit Growing, Poultry, Pet Care, Freelance Writing, Computers, Psychology, Recreation and more . . .

FREE HANDBOOK AVAILABLE

Internationally recognised by IARC

Ph: 07-5530-4855 – Web: www.acs.edu.au

Email: admin@acs.edu.au

IARC

Australian Correspondence Schools (est. 1979)

PO Box 2092, Nerang MDC, QLD 4211

STANLEY

A LEGEND IN COOKING!

WOOD STOVES with Cast Iron durability

- Large fire box with choice of Domestic Hot water or Central Heating boiler
- Large self cleaning cast iron oven
- Large cooking surface with ground hot plates
- Choice of models and finishes

FOR YOUR CLOSEST DEALER CONTACT:

CASTWORKS

8 Roosevelt St, Nth Coburg 3058

Ph 03-9354-4666 Fax 03-9354-9971

Going Native With Grasses

based on information from Anne Rawson & Russell Millard.

For a water-saving lawn alternative, why not try native grasses? Most varieties do respond to watering, but grow well in summer with minimal water; indeed, in terms of drought-proofing, it is better to stress them occasionally in order to force the root systems to expand.

Until recent years natives have not been a realistic option for two main reasons – there was no commercially available seed and the stuff is difficult to grow. Work done by the CSIRO, various government authorities and seed companies is now overcoming these problems.

COLLECTING SEED

The first challenge is that uncultivated native grasses produce few seeds, which they then shed in an irregular fashion as the seed ripens. This is a good survival mechanism for the grass, but not helpful if you are trying to gather sufficient seed to propagate for commercial purposes. For that you need lots of seeds that ripen uniformly and stay in the seed head. That said, most native grass seed is relatively easy to harvest by hand to obtain the quantities needed for a suburban lawn.

Some impetus for work on this problem came from the late National Capital Development Commission, Canberra, which was looking for low maintenance grasses for open spaces and roadside reserves. After five years work by the CSIRO from 1973–77 the problem of seed harvesting in commercial quantities remained, though much more was known about methods of growing these grasses and about their responses to temperature, water, fertilisers and mowing.

A later project in the 1980s, also in conjunction with the NCDC, led to the development of a species of wallaby grass, *Austrodanthonia richardsonii*, for commercial exploitation. Seed for this grass, known as Hume wallaby grass, is now available. *A. richardsonii* is one of the more prolific wallaby grasses and is

Native grasses are hardy and drought resistant; some species make good lawns and others can find a decorative niche in any garden.

therefore more likely to thrive in a broad range of microclimates.

In the 1990s the Department of Land and Water Conservation conducted extensive collection trials across NSW and collected 1000 kilograms of seed.

For the home lawn, commercial availability of some seeds could be a limitation, however, sowing rates are low for most native grasses, so you won't need much.

CULTIVATING NATIVE GRASS

The second challenge with native grasses is the difficulty of cultivation. Native grasses are not good competitors, which partly explains their disappearance from the grasslands of Australia. That said, over Australia's normal boom-drought-boom cycle they will probably outcompete most exotics. Wallaby grass is particularly susceptible when young, that is, in the first three to four months, to being smothered by weeds. So your site must be weed free. That means either removing all the topsoil, which contains the weed seeds, or cultivating well to remove weeds because very few natives (*Chloris truncata* being an exception) will tolerate herbicides easily. [*Could be worth experimenting with solarising the area before planting. – Ed*] Hand-sow onto a raked weed-free bed.

SUITABLE GRASS VARIETIES

Wallaby grass does best on sunny, north-facing sites, which are poor in nutrients, with low moisture levels, for example, under trees. If the right variety for your area is chosen, however, it will do well in most positions in the garden. Sowing is best done from early autumn to early winter, as the grass requires cool temperatures and high moisture levels to germinate. It also gives the seedlings a chance to establish before summer and minimises the amount of watering needed – provided it rains and moisture levels are high during germination (two weeks) you won't need to water at all. You can sow in spring or summer, but then you will have to water constantly and that seems to defeat the purpose of going native. Once the grass is established it is very drought resistant, but does not grow well over summer unless watered. However, it does respond to watering and, if you still want a green lawn in summer, watering will keep it so. Native grasses respond to low-phosphorous fertilisers. You can also mow if you want. All varieties take well to mowing and can be mown to the same sort of level as exotic lawns, but mowing at a height of about five centimetres is optimal, longer for *Themeda* and *Cymbopogan* spp. Be warned, however, if you want a football field-cum-cricket pitch, wallaby grass does not tolerate heavy wear.

For something that more closely resembles an exotic green sward, there are some low-growing, ground cover type grasses. Windmill grass (*Chloris*

truncata) will do well just about anywhere as long as it has some water in summer; it is adapted to low fertility soils, will spread when mown and is hard wearing. However, this grass, like wallaby grass, requires some pretty drastic seed-bed preparation to remove competition from weeds for the young seedlings. Sow as for wallaby grass. Windmill grass is summer growing and requires warm temperatures and high moisture levels for germination, so sow in spring and keep the seeds moist until germination, which takes up to two weeks. Daily and then weekly waterings are recommended to get the plants established.

Another more lawn-like grass is Brown's lovegrass (*Eragrostis brownii)*, a lush, low, summer growing, golden-green grass. Unfortunately, it grows naturally in moist to wet locations and is only moderately drought tolerant.

There are other native grasses worth trying in the home garden. Kangaroo grass (*Themeda triandra*) does grow over summer, but seed is not readily available. It is great for borders or larger areas. It is a bunching grass with a flower stalk to two metres. Many country cemeteries are grassed with *Themeda* and are lush all year. Another attractive tussocky grass is barbed wire grass *(Cymbopogan refractus),* named for the shape of its seed head. The *Cymbopogans* are clumping grasses suitable for borders; they come in a variety of scents including menthol, ginger and lemon. There are also the real tussock grasses, *Poas*, which can be purchased as tubestock.

Queensland blue grass (*Dichanthium sericeum*) has an attractive blue-hued leaf mass and is similar in habit to wallaby grass. Red grass (*Bothriochloa macra*) has red flower stalks. Meadow rice grass (*Microlena stipoides*) is a very lush lime green colour; it likes a little more water than most native grasses and acid soil with aluminium in it.

Native grasses produce attractive seed heads so if you grow them as clumping plants rather than lawn you may want to cut and dry specimens for indoor use. Pictured are seed heads of kangaroo grass.

Note that most native species are very niche selective and will not do well outside that niche. That said, there is a native grass species or variety for every niche in Australia.

Remember that a good lawn will have a mixture of species rather than being a monoculture. Let your grasses regularly go to seed from September to February to ensure their survival. Do not overwater or overfertilise.

If all this seems like too much trouble, you could just let the couch run wild, provided of course that the variety that is invading your place is one of the native species.

Thanks also to Bushland Flora, Doug Waterhouse of NSW Soil Conservation Service (now the Department of Land and Water Conservation), and Dr Richard Groves of CSIRO for information for this article.

Suppliers

• Bushland Flora, PO Box 312, Mt Evelyn 3791. Ph: 03-9736-4364. (Supplies tubestock.)

• Heritage Seeds Pty Ltd, PO Box 71, Brisbane Markets 4106. Ph: 07-3216-6411. Hume wallaby grass is sometimes available; speak to David Wittkapp for details.

• Department of Land and Water Conservation, PO Box 445, Cowra 2794. The Department's first responsibility is to Landcare but some seed may be available for domestic use. They have about 30 varieties. Contact Ian Cole on 02-6342-1811.

• The CEO of the Mid-Macquarie Landcare group, Tom Gavel, is establishing a commercial seedbank at Wellington Research Station on behalf of the combined Landcare groups. Contact him for more information about seed availability on 02-6845-2488, or fax: 02-6845-2474.

Parts of this article were originally printed in *Bogong* magazine Volume 12 Number 4.

'EZY GROW' HERB GARDEN IN A BOX

Grow your own herbs with the 'Ezy Grow' Herb Garden in a Box. Ten popular herbs to grow, use and enhance your culinary skills, Basil, Chives, Coriander, Dill, Lavender, Mint, Parsley, Sage, Rosemary and Thyme. Everything you need – seeds, seedling trays and seed-raising mixture. Price $39.95. Plus a handy booklet: *'Ezy Grow' Herbs & Their Uses* . . . absolutely FREE.

For free information write to:
Sapphire Publications, PO Box 4256, Bay Village, NSW 2261.

$ Making Money From Home $

It's easy when you know how! And the best way to find out how is with the magazine *Australian Business & Money Making Opportunities*. Every issue is packed with information on business and money making opportunities (full or part time). It's sold from Newsagents across Australia and N.Z. and is found in the business section. To get a recent issue and details on 125 Australian Business Start-Up Guides send 4 x 45¢ stamps (covers p&h) with your name and address to:

AUSTRALIAN BUSINESS & MONEY MAKING OPPORTUNITIES

AB, PO Box 5518, Dept GRM, South Windsor, NSW 2756.

We also produce the following guides: 101 Money Making Opportunities, How To Profit From Your Handcrafts & Hobbies, How To Start A Mail Order Business, Making Money From Flea Markets, Making Money With Your Camera, Making Money With Your Home Computer, Start Your Own Import/Export Business, How To Organise A Successful Home-Based Business. FREE DETAILS SENT ON REQUEST.

FAX. 02-4577-6942 or Visit our website at:

www.profitcentre.com

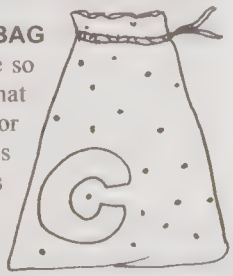
AAA Media Network, 3 Bradley Road, South Windsor, NSW 2756

Homemade Toys And Gifts

by Bronwyn Taylor, Yarrawonga, Vic.

I am always disappointed when visiting toy shops at how violent, gender specific and single-use toys are, apart from being so expensive. As I get older and wiser I am convinced that the time I take to make items for friends and family is well spent. Gifts people have spent time on to make especially for me are some of my most precious belongings.

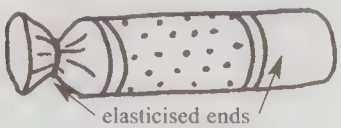
DRAWSTRING BAG



Babies often have so many clothes that instead of buying or making more as gifts for newborns I always make a cloth drawstring bag big enough to hold nappies, clothes or toys. It's about 60 centimetres square with the top rolled over and cord threaded through. I love to applique a giant initial on the bag to make it really personalised.

PLASTIC BAG HOLDER

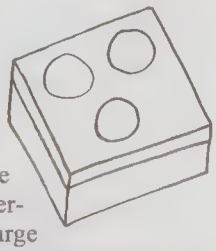
This can match the big bag and is the most useful item for storing plastic bags to reuse in the nappy bag. Just make it 20 centimetres long in a sausage shape and elasticise the two ends.



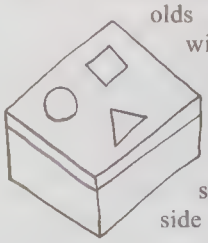
HOMEMADE PYJAMAS

I often make pyjamas from a Kwiksew pattern; these patterns are very accurate and easy. Again, I would stencil or applique a big initial on the front.

POST BOX



One-year-olds love to 'post' things. I have made an easy version by cutting large holes in an ice cream container for blocks or ping pong balls. Two-year-olds can be challenged with smaller holes of specific size. Just cut shapes out of the lid and stick bright Contact shapes on the outside of the container.

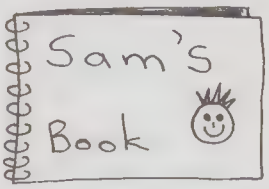


BUCKET AND BRUSH

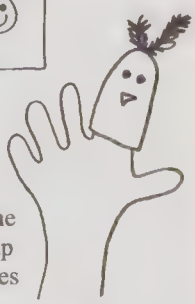
Two-year-olds to six-year-olds love to 'paint' with water. Choose a thick paintbrush and thread elastic from it to the bucket handle to prevent the brush being lost. This is great summer fun!

BOOK FOR BABY

My dad has finished a lovely book for his toddler grandson. Dad saved pictures of animals, people doing tricks and different forms of transport. He stuck them in a book interspersed with photos of people important to Sam. He has covered it with Contact and it is ringbound. The book is not to be put away 'safely', but for Sam to look and touch and hug and learn and laugh.



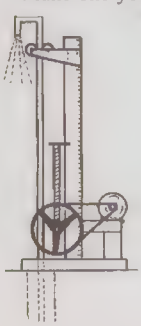
FELT FINGER PUPPETS



These puppets are so easy. Just trace the pattern and sew up the sides. Possibilities

THE OGDEN BORE PUMP.

Make one yourself. Only basic metalworking skills needed.



- No Precision surfaces or Seals necessary.
- Self priming.
- Will lift water from any depth.
- Can run dry for long periods.
- Only needs a fractional HP motor.
- Mechanism above ground.
- An inexpensive solution.

Comprehensive instructions on how to build this simple pump. Only $29.

J. Ogden, RMB 8272, Wangaratta, Vic 3678.

... protection of fruit
premium quality netting
long lasting—uv stabilised
economical, durable
and backed by warranty

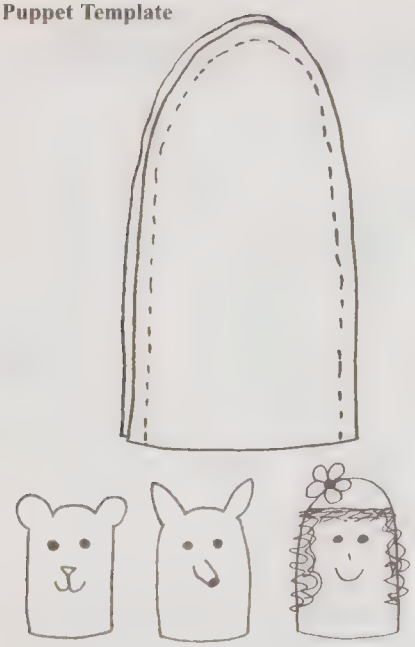
AGNET
the choice for
fruit crop protection

Netcraft Pty Ltd
PO Box 99, Margate Tasmania 7054

Phone: 03 6267 1111, Fax: 03 6267 1122
Email.agnet@ncraft.com.au Web www.ncraft.com.au

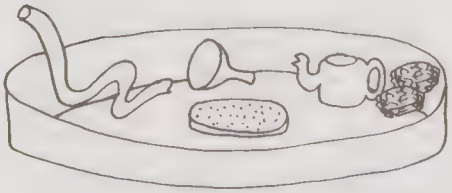
Protect your Berries & Cherries

Puppet Template

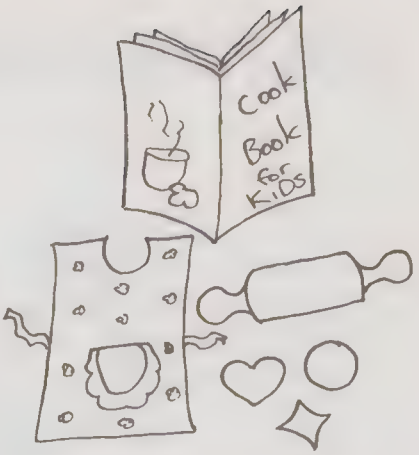


are endless: sew or glue on eyes, hats, whiskers, tell or make up stories such as the three pigs, or other favourite childhood tales.

WATER PLAY



Here is another good summer present. Buy a large wide bowl, even a new kitty litter tray is suitable. Fill it with clear plastic tubing, large and small size funnels, a little plastic teapot, strainers, sponges, or anything else that's fun to play with in the water.



COOKING AND GARDEN KITS

Kids love to cook. Buy or make a kids' cookbook, little rolling pin, cookie cutters, and sew a little apron. I have also made a garden kit with little pots, gloves, seeds and potting mix.

INDOOR AMUSEMENTS

When inclement weather keeps the family indoors, there's more to do than sit in front of the television or computer screen. Try some of the fun family activities from our 'Kids Page' this issue (page 49). Here are some more activities for the young and the young at heart.

- Hold an indoor treasure hunt – hide objects around the house.
- Write a letter to a distant friend or relative. Include drawings or photos of family and pets.
- Have an indoor picnic. Perhaps each person can prepare something different.
- Swim in the kitchen – put a little warm water in a wading pool. Constant adult supervision of littlies is needed.
- Make simple puppets using fingers or toes and a texta.
- Create an indoor obstacle course or cubby using furniture.
- Have a paper ball game by scrunching up old paper.
- Teach yourself to knit – try a scarf, mittens or beanie.
- Pets teach us a lot about the natural world and how we fit into it. As well as observing and learning about the animals themselves, we learn about responsibility, care and respect, companionship and interaction. Would your family like the companionship of a new pet? Do you already have a cat or a dog? Read, think and learn about the many other possible pets available to you, even those waiting for you in your backyard and in your imagination!
- Check out previous 'Kids Pages' for more great ideas.

They look like they're having heaps of fun! Your family can also have a great time learning how to make and play bingo for kids on the 'Kids Page'.

Tropical Green Manure Crops

by Jane 'Many Leaves' Lawrance, Babinda, Qld.

Every sustainable garden should grow green manure cover crops. What are they, why are they necessary and why am I so excited about them? They are used as a natural method of organically fertilising your soil by ploughing or digging in live crops, usually legumes.

All the busy leguminous root systems benefit the soil by increasing water and air penetration, reconditioning compacted soils, adding to the organic matter of the soil, releasing nitrogen to assist healthy plant growth and encouraging beneficial soil biota. A manure crop has the ability to smother an army of rampant weeds. Even if you have a bare, dormant garden bed, throw in a manure crop until you are ready to plant it out. Once established, the mature cover crop creates a rich new habitat for beneficial insects.

Ideally, you dig the plants back into the soil before they flower, in order to receive maximum nitrogen release. If the crop is left, much of the goodness will go into flower and seed production, but you will still have nitrogenous fibrous roots, stalks and leaves to fork back in or leave on the surface as instant mulch. Many green manure crops can be cut, perhaps several times, during their growing season and used as mulch for any garden bed. The stress of being cut is thought to spur the plant into releasing nitrogen (not normally available until the plant dies down and the roots decompose) from its root nodules.

Plants that act as good green manure crops include beans and peas from the Leguminosae family and oats from the Poaceae family. The former can fix nitrogen into the soil by a bacterium called rhizobia that has a symbiotic relationship with a legume. The contented bacteria actually live in a nodule attached to the legume's roots. Here, they absorb nitrogen from the air and cleverly convert it to a form that plants can readily take up for healthy growth. Once the green manure plant is cut, or dies down, the nitrogen is available for the next crop to use. The strains of bacteria necessary for nitrogen fixation may not be naturally present in our soils, so, if this is a major objective of planting a green manure crop, the seed will need to be inoculated with the appropriate bacterium. Inoculant should be available where the seed is purchased.

Up here in the tropics the weather is cruel to our soil, baking it dry, washing it away in flooding rains, and leaching out all those essential plant nutrients. I have developed a method of using green manure cover crops that suits the tropical conditions and my style of gardening.

I sow any bare patches of soil with a cover crop to smother weeds and prevent soil erosion. Around perennial plants such as cassava, arrowroot, Jerusalem artichokes, climbing beans and taro I sow seasonal cover crops to protect the surrounding soil, increase organic matter and conserve water. The crops come and go, each leaving a layer of valuable mulch. Because nitrogen fixation is not my prime objective, I do not inoculate the cover crop seed. I plant different cover crops in summer and winter.

WINTER CROP

As the cold nights creep in I know it's time to sow my oats! I buy a couple of 20-kilogram bags of oat seeds (*Avena sativa*), then check the weather forecast for impending rains. Oat seeds are small and slender so they easily lodge into soil crevices. You don't need to dig, rake or hoe them in, just ensure they get rain for a few days. I allocated the quantity of oat seed for each area to ensure an even spread of seeds. Then, up and down I walked throwing out handfuls of seed.

Timing is critical. Last year the soil was already moist because we'd had 44 millimetres the day before. Sure enough, another 65 millimetres fell next day, watering the seeds into the moist, crumbly soil. Was I pleased! Well, four days and 94 millimetres of rain later, green shoots were reaching for the skies, I was ecstatic and so were the oats! I was surprised how fast they grew up here in our tropical winter.

Young vetiver grass on the left with a green manure crop of oats on the right suppressing weeds and protecting the soil.

As the winter chill increased, the oats grew to a metre in height. The broad leaf blades captured droplets of overnight dew and channelled it down to their roots. The patch of mustard (*Brassica hirta*) I had planted amidst the oats grew fast and healthy under the shade; the two proved to be perfect companions.

Interestingly, oats do not draw a lot of nitrogen from the soil, but they do produce valuable fibrous organic matter. In some parts of the garden I regularly chop and drop this valuable mulch, leaving the oat plants still in the ground to carry on growing. Being an annual, they die down, and the crop I planted in May finally died by December because of the increasing heat and humidity. By then, the soil was covered in a thick layer of mulch and was ready for planting out.

Oats interplanted with mustard. The oats shade the mustard and later die down to leave mulch on the soil.

SUMMER CROP

Come January, hot and wet in this area, I'm reaching for a different seed as a cover crop, one that can cope with heavy monsoonal rains and high humidity. I decided upon a small legume with black and white seeds resembling tiny black and white miniature cows, called the cowpea (*Vigna unguiculata*). It is frost sensitive and thrives in temperatures over 20° C.

Being an annual twining crop, I've found the cowpea likes to climb a bit, but not very far. The term 'cowpea', in fact, covers a wide variety of like plants. Some are used for animal fodder, some for human consumption, or some, as I have, for a green manure cover crop to protect the soil and reduce weeds. Cowpea is also said to control nematodes. The pods vary in size too. Some gardeners might be aware of, or be growing, large-podded varieties for the table. Like all legumes, they are self-pollinating. You can grow a huge variety of peas and beans, knowing pure seed will be produced.

My method of seed dispersal was the same as with the oats. With a 10-kilogram bag of seed ready, I waited for the rains and simply walked around, broadcasting the little cowpea seeds where I wanted them to grow. Again, no hoeing, raking or digging was involved and the rain washed them into the soil. The cowpea crop, because of its twining growth habit, is not suitable to chop and drop. If sown thickly enough, it is a good weed smotherer. The plants died down in June as the temperatures fell, leaving fibrous, nitrogenous, organic matter to protect and build up my soils.

I planted the cowpea seeds in our newly established orchard, where I'd started a permanent ground cover of pinto peanut runners. These need some shade over summer to become established. The cowpeas and pinto peanuts proved to be good companion plants, with the spent cowpea crop naturally mulching the pintos.

Another green manure crop I've tried is soya bean (*Glycine max*), a hardy summer worker that also proved to be beneficial up here in the tropics. I planted these, as well as the cowpeas, in the orchard to help out the pinto peanuts. The only difference was in the seed dispersal. We had to broadcast the seeds and fork them in, which was hard yakka over a large garden area in a tropical summer. When they germinated, a lush green blanket protected the soil. A short, bushy, annual plant that grew to a height of 90 centimetres, the soya beans withstood the heavy rains and died when autumn approached, just as the cowpeas did.

CROP APPRAISAL

The oat crop was most successful at smothering weeds and protecting the soil, but the cowpeas and soya beans together ran a close second. Remember that we had to fork the soya bean seeds in, so the crop was more work to sow.

Over the seasons I have successfully built up the soil structure, increased the soil biota, grown my own mulch and saved on weeding by selecting the correct plants for the tropics. That's why I'm so excited about green manure cover crops.

More Information

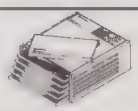
The Seed Savers' Handbook, Michel and Jude Fanton.

Another time, I'll look at other plants I use in the tropics as cover crops to protect the soil, feed us and look good all year round.

My 'Many Leaves' catalogue of Unusual and Edible Plants is available. Please send 7 x 50c stamps (includes postage) to Jane 'Many Leaves' Lawrance, PO Box 374, Babinda, Qld 4861.

Don't forget to tune in to the ABC Radio Far North breakfast show, Tuesday 7:15am.

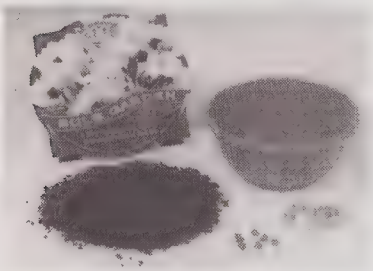
A variety of green manure seeds is available from Green Harvest, MS16, via Maleny, Qld 4552. Ph: 07-5494-4676.

Excalibur®

Food Dehydrator
Vegies~Meat/fish~Fruit leathers~Raising bread~Making yoghurt~Arts/crafts~Flowers
Features include horizontal airflow; large capacity interior; adjustable thermostat.
* Model 2900: 9 tray
Dries up to 18 kg per day
* Model 2500: 5 tray
Dries up to 11 kg per day
For more info & brochure:
Excalibur, Box 203, Tolga 4882
Ph/Fax: 07-4093-3754
Email: srocca@ledanet.com.au
www.excaliburaust.com
Channel Road, Walkamin Qld 4872

NATURAL MEDICINE
Correspondence courses written by
Isaac Golden, PhD, D. Hom
Principal of the ACHH
President of AHA (Vic) 1992 - 98
Homoeopathy - a fully accredited professional Diploma course, OR an intermediate course for parents
Natural Medicine - a basic course covering home prescribing
For full details contact:
Isaac Golden
PO Box 155, Daylesford 3460.
Ranch Road, Daylesford
Ph: 03-5348-3667
www.homeopathy-online-courses.com

ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.



PERFECT PLANTS FOR SMALL PLACES

Seed company Mr Fothergill's has developed three great ideas to encourage apartment dwellers, or anyone else with only a small space, to get growing. One product is the Bucket Of Herbs, consisting of a blue-coloured metal bucket, growing medium, circular seed mat embedded with evenly spaced seeds, and planting instructions. At this stage the choice is between sweet basil and Italian parsley. The same concept, known as Bucket Of Colour, is available with a choice of several popular flower seeds. The third variation is a Bulb Garden that comes with a terracotta-look pot in three choices of bulb combinations – blue anenomes and freesias, white anenomes and freesias, or golden daffodils with blue grape hyacinths. Cost is very reasonable – $9.95 for seed buckets and $10.95 for bulb pots.

Available from your normal retail outlet, or phone Mr Fothergill's on 02-4577-5457.

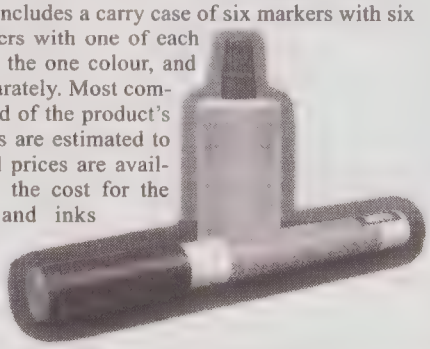
VITAMIN C SKIN CREAM

A newly developed skin cream containing 23 percent vitamin C is said to act as an antioxidant; reduce photo-aging; and increase the amount of collagen in the dermis, resulting in smoother, less lined skin. Topical application of vitamin C has been shown to produce 20 times higher levels of vitamin C in the skin than can be obtained through oral ingestion. The cream is currently available through some physicians and in David Jones capital city stores. Under development by the same company is an SPF30+ sunscreen containing vitamin C.

For more information contact Dr Geoffrey Heber on 1800-355-800. Email: geoffh@ultraceuticals.com.au

REFILLABLE WHITEBOARD MARKERS

Auspen, an Australian-owned company, has developed an environmentally friendly alternative for whiteboard users. These markers have been designed to be refilled and come with extra ink bottles. Each 23-millilitre ink bottle is capable of refilling a marker 40 times. Another plus is that the cap-off life span is up to 72 hours. The nib is longer than that found on conventional products and can be trimmed when it frays. Six vibrant colours are available. The range of options includes a carry case of six markers with six ink bottles, a pack of six markers with one of each colour, packs of 12 markers all the one colour, and bottles of the inks available separately. Most components are recyclable at the end of the product's extended life span. Cost savings are estimated to be up to 75 percent and special prices are available for schools. For example, the cost for the carry case of six markers and inks is $45, or $38.25 for schools.



For details contact Auspen, PO Box 1088, Elwood 3185. Ph: 03-9596-1833.

TOILET UNBLOCKER

A new product from Handi Home Supplies is claimed to clear even the worst toilet blockages. The Plunge-A-Snake is made from durable polyethylene moulded into the shape of a bellows that delivers many times the force of a standard plunger. It also has a built-in snake that automatically extends into the toilet bend with each plunge. The combination of the push-pull action of the snake with the powerful bellows displacement makes this device a useful one to have on hand for those emergency situations that always seem to arise at the most embarrassing and inconvenient moments. The Plunge-A-Snake is available at hardware and plumbing supply stores for $29.95.

To find your nearest stockist phone Handi Home Supplies on 03-9466-1611. Email: handihome@ozemail.com.au

SOY MILK MAKER

You can easily make soy milk at home with this new product from Australian company, Brossan. You put water in the Soy Milk Maker, add previously soaked soy beans and press the start button. The process takes less than 20 minutes and costs about 40 cents per litre. Available with either a clear polycarbonate cylinder for $149 or a stainless steel cylinder for $169, the product includes a cleaning kit, measuring cup, owner's manual and one-year warranty. Also available from Brossan are GE-free soy beans and a tofu making kit.

To find your nearest retailer or for more information contact David at Brossan on 1300-855-166. Website: www.brossan.com

PLUG & POWER

The simplicity of this new approach to solar power from Pacific Solar could suit many households. The quickly installed system of solar panels (the number to suit individual needs) sits on the roof and plugs into the electricity grid. It silently and cleanly generates electricity to power the home, feeding any excess into the grid. A special feature is the Sunlogger display unit, a grey box set in an accessible position that allows the owners to read information such as the amount of energy produced each day and the carbon dioxide saved. Costs vary with the number of panels used and government rebates usually apply.

For more information contact Kathleen Ryan at Pacific Solar P/L, ph: 1800-776-527.

RECENT RELEASES

Titles described can be ordered through your nearest bookstore.

THE MIRACLE OF MULCH
Mary Horsfall

Yes, this book was written by GR's multi-talented editor, Mary, and we don't mind saying it's excellent. GR readers will already know mulch is vital for conserving water, reducing weeds and improving the soil. Best of all, it saves you money and much of it is free. Mary clearly explains the basic science behind mulch, and demystifies the carbon/nitrogen ratio, so important to effective mulching. The greater part of the book is an A to Z of the many different types of mulch, techniques for using them, types of gardens and mulches suitable for each. Mary has maintained a large rural garden organically for 25 years, so the information is both practical and relevant. Detailed colour drawings on almost every page make a lovely counterpoint to the text. So, what kind of mulch should you choose, you ask. Layers of a variety of organic materials of course! To find out which ones work best, you'll just have to read the book.

P/b, 96pp, Reed New Holland, 14 Aquatic Drv, Frenchs Forest 2086. Ph: 02-9975-6799. RRP: $17.95.

WILDLIFE ON FARMS
How to Conserve Native Animals
D Lindenmayer et al

On the land? Simple changes to activities like firewood collection, burning and spraying can protect wildlife habitat and help you make a significant contribution to wildlife conservation. This book explains the types of habitats found on farms and some of the birds, mammals, reptiles and frogs that use them. It discusses how modified farm management practices used in running a profitable farming business can positively affect native animals. It's well laid out, too, with colour photos and dot points that make information immediately accessible. When you learn the importance of nesting hollows, and how long it takes to form usable ones, you'll never look at a dead tree in quite the same way again.

P/b, 129pp, CSIRO Publishing, 150 Oxford St, Collingwood 3066. Ph: 03-9662-7555, RRP: $29.95.

THERAPIES FOR A HEALTHY BODY
THERAPIES FOR EMOTIONAL WELLBEING
Jane Alexander

These two titles make up part of the Natural Power series, which also includes books on sensual aromatherapy and the like. Author Jane Alexander is billed as Britain's top writer on alternative therapies, and here she explores both ancient Eastern holistic remedies and the latest Western medical advances. Each book runs through over 50 or so different ways to achieve physical and emotional wellbeing, from ayurveda to radionics, explaining their history and philosophy and discussing what to expect from sessions with their practitioners. These are complemented by plenty of techniques you can try at home. The books are slim, but there is a lot of information in each and be warned, the type is small. Alexander's books provide a comprehensive guide to what natural therapies are available and how they can help, and are great motivation for those wanting to improve their life.

P/b, 128pp, Pan Macmillan, Level 18, St Martins Tower, 31 Market St, Sydney 2000. Ph: 02-9285-9100. RRP $12.95 each.

AUSSIE INDIGOS
Margaret Tacey

If you have a child who is unusually sensitive, intuitive, creative, has a desire to save the world, and has possibly been diagnosed with ADD or ADHD, it could be that he or she is an Indigo. Being the mother of two Indigo children herself has prompted the author to research this area and produce a book to help other parents who might be puzzled about how best to meet the special needs of their offspring. The information is presented in a clear and accessible format with many anecdotes based on first-hand experience. Readers will find out how to recognise Indigos and learn how best to feed, educate and support them to enable them to reach their potential. Indeed, there is much that will benefit all parents, teachers and carers, not only those 'blessed with an Indigo'.

P/b, 125pp, BSF Publications, 80 Bennets Rd, Kialla West 3631. Ph: 03-5823-1324. RRP $24.95 plus $4 postage. Available by post only.

A TO Z OF HEALTH TIPS
Alan Hayes

Blister sufferers, why not try applying a drop of lavender oil to the little blighters to speed healing? This friendly book is full of helpful hints: starting with aches and ending with zinc, it is aimed at those wishing to find out more about natural alternatives for health and wellbeing. Hayes, a well known exponent of the natural life, covers correct diet and nutrition, using herbs for health and medicine, and exercise and relaxation, with plenty of folklore thrown in. Entries on nutrition, beauty and everyday health are extensive, those on conditions like migraine less so.

P/b, 248pp, Simon & Schuster, PO Box 507, East Roseville 2069. Ph: 02-9810-0659. RRP: $19.95.

DOWN HOME ON THE FARM

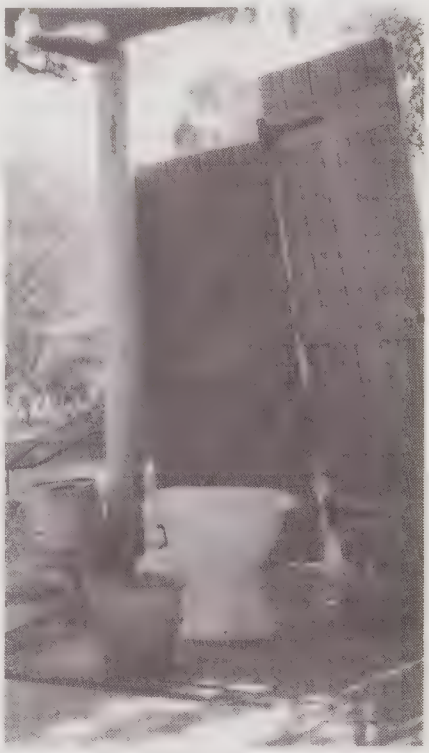
by Suni Miller.

After complaining for months and months about the drought, naturally we are now all complaining about the rain. It's scandalous being flippant about it, but since we have Lake Avenel in our driveway growing by the day, blame it on hysteria.

The small country town our renovator's delight is in recently joined the 20th century and put in a sewerage scheme. It has taken us two years to round up a plumber, but finally we saved the cash and got one booked. We were looking forward to having an indoor loo. It was all going to be great. The plumber, a cheery bloke, dug up half our driveway, re-covered his trench to make a lovely dam bank, and now we have a duck pond over the concrete where the cars used to go. Marcel started physically pulling out his hair when he saw it, dangerous behaviour for a man who is going to be 30 next month.

The plumber told us that the only spot he could use to run the pipes into the house was, apparently, behind our well worn but much loved galvanised iron tank. Before I knew it, the tank was gone. The plumber told me politely that it was stuffed, and yes it did have a few holes at the top, and perhaps a touch of rust here and there, but we reckoned it would see us through at least another five years. With all the various tradies' bills we seem to have collected, we hadn't factored on having to fork out for a new tank. But now that we're tankless and all the water is running off the roof and into the driveway, we might just have to prioritise. As well, we miss the old galvo number. It was a traditional sight that made the heart glad, on its rickety wooden tank-stand, surrounded by fishbone fern. Marcel has been dreaming of stylish new dark green ones on every corner of house and shed, but I reckon the place just doesn't look the same. As for the poor old tank itself, after being wrenched out and rolled around the yard it didn't look much chop and is off to become a friend's pig house. I hope they appreciate it. It's amazing the way getting one home improvement seems to lead to another 10 things that need to be fixed. We Millers are starting to dread tradesmen, especially as they're hard enough to get hold of around here in the first place. Of course, none of us is capable of doing the jobs ourselves, so I hope local tradies will forgive these words next time I need a job done.

Now that all the excitement is over, I have to admit that it's very pleasant having a toilet inside, particularly in winter; the trip outside at night in the cold and dark was never something to look forward to. In summer it was the mozzies I dreaded: they love me, and I had a hard time explaining to my city friends how I kept ending up with twenty or more bites on my backside. The worst, however, was that in his enthusiasm Marcel demolished the shed that housed the loo long before the plumber was due. He didn't mind that the toilet now stood exposed out on the verandah for all the neighbours to view, but I did. Nor did it concern him there was nothing to flush it with but a bucket. I had to put my foot down and get him to make me a temporary wall out of old doors so I could finally allow myself to have a glass of water and a bit of privacy. Megg thought it was a great joke when she visited, but I couldn't see it, myself. It's still out there, by the way, well cemented in, though happily superseded. I was thinking of turning it into the base for an outdoor table.



Verandah toilet sculpture: the doors gave some privacy, but I'm sure the neighbours were wondering what we were up to.

It's wonderful to have a respite from caring for all the plants in the heat. There were no weekends at the beach for us this year. Over summer, as well as our Sunday renovation frenzy, I was driving down after work to water at least three times a week. It really put the kibosh on my social life. I'd have to dash back to the city, grab the wine from the fridge and leap off to whatever dinner or social occasion was on. Marcel usually pointed out about halfway there that I was all hot and sweaty and my shoes were dirty. Why hadn't I changed? Having just slaved for hours carrying buckets of water, such comments went down a treat let me tell you. The bucketing paid off, however, as all our fruit trees and most of the perennials have survived. In fact, the plumber killed more trees than the drought.

The current rainy weather has curtailed outside work and so forced us to face the inevitable – sanding and painting the lounge room. We've had the paint for almost a year, but surely it doesn't go off? We couldn't be bothered with the ceiling, it looked too hard, so we left that, but the walls we've done look pretty good; bright and cheery. We soon learnt why they say do all of the room on one day (sadly not possible at our rate of painting). When Marcel stirred up the cream for the dado boards, it really looked no different from the white for the top section. 'That's nothing like the sample,' Marcel told me, and I wracked my brains as to what I'd done wrong when ordering the paint. The next week, I did the stirring, and the same paint tin gave out yellow. 'Look at that,' I said in horror. This magical paint tin has given us a different shade every week depend-

ing on who does the stirring. It's quite fun really, although I concede a final top coat over a single day might be necessary to achieve some kind of consistent look.

When we bought the place, there were six little Jap bantams, ostensibly owned by the neighbour, that roosted in my shed. How sweet, I thought. Unfortunately, neither rain nor sleet nor hail seems to prevent the frisky Jap roosters from being in the mood, and one overworked hen just brought out a clutch of chicks last week – in July. It's almost diabolical the way they've reproduced in the last year. There must be at least 60 of them now, digging up the garden with their short legs, roosting in the roof, and despoiling the car. What can I do though? I can't spend all that time making sure the dear tiny little chicks survive just to knock them over the head because they're roosters. I sincerely pity the neighbour, in her 80s, who inherited the six birds from their previous owner and now has to contend with a lawn full of them. I'm almost too embarrassed to wave over the fence in case she thinks I've been encouraging them. Readers have reported that many purebred species stopped breeding in the extra hot weather. Not mine.

Despite our phenomenal advancements, the country house is unlivable as yet and Marcel needs to be on call for emergency photographic jobs all over the city. Hence we recently moved into a new abode in town. It's been great to stretch out as we were practically living in a cupboard before. We're a little low on furniture though; the pieces we thought were huge in the old place are lost in the new. Marcel and I are loving the change, but the poor old puss retreated under the couch for a week and has only just started to become himself again. We took him to the vet for his yearly check-up and he'd actually lost weight, a miracle as pilchards in aspic are the great love of his life. The high ceilings and cold and noisy floorboards had him tip-toeing around nervously, and naturally he then wanted to sleep under our chins each night, which would give anyone the sneezes. Now he's back in form he's a good little cat, and quite a conversationalist. I'm not biased but he meows back and forth with us in amazingly intelligent fashion. There are some days when the pet is more communicative than the worn-out partner, although they both tend to drop off together on the couch at the same time after dinner.

Where's that pile gone? Megg wonders.

Looking back over the last few months of renovating, it sometimes feels as if all our steps forward have been countered by just as many backwards ones. It's not true. We've had one great achievement. We've got rid of the pile! The scrap pile existed when we bought the place, and it was pretty big then, but after two years of prunings, including four entire dead trees, it was completely out of control. When someone asked if we lived at the place with the big pile of junk in the paddock I knew something had to be done. Marcel had attempted burning some of it last year, sensibly, in a 200-litre drum, cutting up the logs into small pieces as he went. He barely made an impact. I love a good bonfire, and I grew up on a farm, meaning I've got bonfire skill in my blood, so I decided it was time I had a go at it. I chose a misty sort of day, found a nice clear patch in the paddock, and piled it all up. When Marcel came out of the house to see how I was going with the nice girlie job he'd delegated – light the fire, darls – he almost keeled over. 'Help me feed it, it needs feeding,' I panted, breathlessly running back and forth between pile and conflagration. Jaw still hanging open, he joined me in the mad rush to keep up with its appetite. Don't get me wrong, we had buckets of water on hand, it was practically raining, it was all very safe. It was just a well-designed, very hot bonfire. Only two hours later, we'd gotten through the whole lot, right back down to the ashes where the previous owner must have started the pile in the first place. We were exhausted and sweaty, our faces were burnt and blackened, and we were on our last legs, but it was well worth it. It was only one o'clock in the afternoon, but we opened a cold beer, sat back in the spitting rain and looked at the lovely empty spot where the pile used to be. The house may require attention, but at least we can't be said to live at the place with the big rubbish pile any more. And what a beautiful smooth paddock we've got. I don't know what I am going to do with this year's prunings, though. They might have to be cut up into tiny pieces and mulched. Marcel certainly won't let me have another pile, so I think that can be his job.

PENPALS

I'm a 60-year-old male who would love to correspond regarding self-sufficiency, country life, and good times, hard times and lonely times on the farm.

Neal,
PO Box 652, Macksville 2447.

I'm a 42-year-old male gold miner, with a 50-foot yacht going to the South Pacific for a few years to help local communities living alternative lifestyles. I'm seeking like-minded people for input and ideas. Currently serving time at a correctional farm. I'm a vegetable propagator.

John Roberts,
PMB 1, Rathdowney 4287.

I'm a 55-year-old Asian lady, widowed. I like fishing, cooking, gardening and travelling. I don't smoke. I'm sincere, caring and practical. I will reply to every letter.

Vicky Funnell,
26 Winchester Ave, Burpengary 4505.

GRASSIFIEDS

HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 85 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send **with payment** to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 159 is 29 August, 2003.** Please do not fax ads.

Sender's Name ..... For issues no/s .....

Address ..... Classification .....

..... Postcode ..... Cost .....

Cost for advertisements is 85c per word

PROPERTY FOR SALE

NEW SOUTH WALES

THIRTY MINUTES NORTH OF BATHURST, 25 ac, 2.5 hrs from Windsor/Richmond, with building permit. Views all the way to Bathurst & beyond. Never supered, suit organic. The block is fenced, undulating to steep, has a dam & ph & elec are avail. Enjoy the clean air & healthy soil. Set the place up on weekends until you're ready for the move, or just invest. $68,000. Ph: 02-6332-5965 BH, 02-6337-7749 AH.

NORTHERN NSW, RAINFOREST RETREAT: Elevated position overlooking Tweed Valley, solid 10 m x 15 m open floor plan, 14 ac. Including full size gas fridge, 6 solar panels & batteries, generator, pool table, HWS. Handy to Murwillumbah, Tweed Heads, Currumbin & Gold Coast. Cheap rates. Tenants in Common. $120,000. Ph: 03-9819-7064.

NORTHERN NSW, beautiful mudbrick home on 10 ac site in 800 ac MO, next to Bundjalung Nat Pk. Close to Lismore & beaches. Secluded bush setting, perfect for walking & bicycling. One lge b/r, spacious living/dining area + loft. Slow combustion heater, new fridge & stove. New garage & c/port. Rainwater tanks & dams. Solar power, 12V + 240V. $110,000. More details & photos: www.realestateguide.com.au/evanshead Contact owner: 02-6682-2589.

CRESCENT HEAD, $20,000. See Community/ Shares.

TABULAM, NORTH NSW, Bulldog Rock Rd, 100 ac, borders state forest. $25,000. Ph: Ken, 02-6688-6328.

DRAKE, NORTHERN NSW, 6.511 ha lovely bush block, some clearing, seasonal crk, ph & power nearby, 4 km to village & school, 40 mins to Tenterfield, 1½ hrs Lismore. $35,000 ONO. Ph: 02-6665-1152 AH.

EDEN HINTERLAND, between mtns & sea, an hr to the beaches, a couple to the Snowys & Canberra. Totally secluded natural bush, 220 ac facing nth to sml wild river on nth boundary, plus 120 ac with long frontage to sml crk on west boundary. Do your own thing in total peace. Valued at $145,000 & $96,000, we'll accept $99,000 & $72,000 – need the money! Ph: 02-4784-1020 for details.

NORTHERN NSW 3 b/rs, 10 ac, handy to Lismore & coast. Ph: 02-6629-8584. Details & photos: www.privatesale.com.au/01767

BYRON SHIRE, SOUTH GOLDEN BEACH. Ideal retirement cottage 400 m to the beach. Six yr old early 1900 style Australiana cottage. Two b/rs, sleepout, lge open space lounge-dining-kitchen, with extra food preparation room with walk-in pantry. Wide verandahs, with hand-split posts & rail, logs round windows & main entry. Concrete floored outbuilding, laundry attached & toilet, fitted out with stovette, sink, fridge, shower & table & stools (ex-lapidary w/shop). A 12 m x 3.3 m x 2.7 m c/van & car shed, + roofed outdoor living area with fuel stove, sink & tile-topped table. $365,000 ONO. Ph: 02-6680-4212.

159-ACRE BUSH BLOCK, 50 mins from Kempsey, good soil, crk frontage, ph to fence, dirt road access, rough cabin. $75,000 ONO. Contact Greg: 02-6647-3474 after 3.30pm.

HORSESHOE CREEK, KYOGLE 15 km, 5 ac, crk frontage, side crk & perm dam. $59,000. Ph: 02-6689-9217.

WILLOW TREE, 7 ac (2.77 ha), town water, 2 paddocks, 2 troughs, timbered area (1 ac). On edge of town behind primary school, 40 mins from Tamworth. $39,000 ONO. Ph: 02-6546-6335.

FAR SOUTH COAST: Mount Darragh, 120 ac bush block with two 10 ac clearings. Livable shed with ph, running crk, 45 mins to Pambula beach. $90,000. Ph: Steve on 03-5476-2238.

QUEENSLAND

AGNES WATER – 1770, 40 ac cleared, fenced, 2 dams. Large 3 – 4 b/r colonial homestead, verandahs all sides. $35,000 of solar power, diesel generator, water pumps, 15,000 gal r/w/tanks, pool, fully self-suff, mins from beaches & nat pk. Fastest growing area in Qld, priced for quick sale. $295,000. Ph: 07-4974-9097.

WEST OF GIN GIN, 27 ac vacant land, power & ph past front of block. Seasonal crk – next to bush tucker area. $30,000 ONO. Ph: 07-4985-8173 evenings.

AMPHITHEATRE, huge watercatch, Gin Gin area, 30 ac. $26,500. Ph: 02-6629-0274. Email: anchudja@smartchat.com.au

GRASSIFIEDS

PROPERTY FOR SALE

QUEENSLAND

1770 – AGNES WATER: Gateway to Barrier Reef, 25 mins to surf beach, 88 ha, rocky crk, some r/forest. $120,000. Ph: 07-3410-0832, 0429-350-105.

COSY TWO-BEDROOM MINERS' COTTAGE with f/place, kitchen, sep bathroom & swimming pool, situated in the fossicking area of the Sapphire Gemfields! Ten mins to the shops & pub! Solar system & generator, double garage & sheds incl. $50,000 ONO. Phone for more info: 0438-153-287, or 07-4985-4462. Email: atbradfords@yahoo.com.au

STANTHORPE AREA, 44 ac, ph & elec past property, 15 km from town, vendor finance, at $6000 deposit, $100 per week over 5 years approx, no interest. Further info, ph: 02-4994-9351. Note: Happiness is living in QLD.

NANANGO, 5 ac, elevated block with views to Maleny & coast. Power avail. $20,000 ONO. Ph: 07-3885-7218 AH.

PRIVATE CREEK, good soil, dam, 10 mins Gin Gin, 30 mins Bundaberg, 25 undulating ac, fenced. $30,000 ONO. Ph: 07-4975-7030.

KOOKABURRA PARK, GIN GIN, Qld: Barry & Christine offer their home for sale. Designed & built with love & care. We have enjoyed this lovely open plan 4 b/r home with separate dining room & lovely verandahs overlooking the tranquillity of the Park. North-facing, quiet & safe. An abundance of wildlife shares our land, which is fully irrigated with sprinkler systems. The mandala garden & f/trees supply ample fresh fruit & vegies. The car accom is as big as a sml house, fully lined with power points & water supplied. We have lived here 10 years, but business commitments force us to sell. We designed Kookaburra Park along lines suggested by Bill Mollison & David Suzuki to work with nature & leave a legacy of sustainable human habitation. If you care about these things, maybe Lot 10 Kookaburra Park could be your next address. Price $200,000. Ph: Barry or Christine. 07-4157-2850. Photos & info on: www.nbre.com.au

LEYBURN, 3 – 4 b/r high-set home on 21 ac, 2 b/rs with built-ins, lge lounge/dining, new s/c/ stove, hot water system, ceiling fans, septic, $30,000 solar system, back-up generator, battery charger, 2 sheds, cattle yard. Long frontage tree-lined canal crk, perm water holes, 5000 gal r/water tank with pump, 5000 gal crk water tank with pump for house, 1000 gal tank on tower for stock use, cultivations. Close Toowoomba, Warwick. Village 3 km, school, post office, shop, pub, police. $155,000. Ph: owner, 07-4695-0288.

BOWEN, BEST OF BUSH AND BEACH, panoramic views, 7½ fertile ac (deceased estate), ex-organic fruit, vegetable, cut flower farm, 2 dams, 2 bores, coldroom, 3-bay shed, 2 unique, eccentric & beautiful dwellings. Ph: 07-4785-2456, mobile: 0403-337-729.

DEADLINES: GR 159 – 29 AUGUST
GR 160 – 31 OCTOBER

RUSSELL ISLAND: 4 blocks, f/trees, 3 roads, 3 b/r home, centre of town. Fabulous area. $220,000. J Bell, 67 Barron Rd, BIRKDALE 4159.

LOWMEAD NEAR 1770, lge-roomed modern 2 b/r home with comfy front verandah on 41 hilly ironbark ac. Shed, power, dam, f/nut trees, old wood stove (remove possum first!) in apiary, estab gardens. Average 800 mm pa rain. Excellent for goats or poddy calves. High & primary school bus at gate. Email photos avail. $105,000. Ph: 07-4156-9117.

FULLY SOLAR POWERED COTTAGE ON ACREAGE: Alternative lifestyle, secluded, private & secure acreage. Steel-framed highset, fully solar powered, split level 2 b/r cottage. Cathedral ceilings, lge verandahs. Running creek, abundant wildlife. Southport ½ hr, 12 mins to major supermarket. Ph: Vicki, 07-5573-2244, 0439-737-827.

MILLMERRAN, 250 ac, f/hold. $44,800 ONO. Ph: Chris, 08-8948-1609.

KINGAROY: 550 ac ex-cultivation & cattle on Stuart River. Town water, power & ph on to comfortable shed dwelling. Large mudbrick ¾ completed house. Remaining bricks, filler & mixer included to complete house. $210,000. Ph: Maxine Henderson, 07-5450-0215.

VICTORIA

CHANGE OF LIFESTYLE: Dunolly, 36 quiet ac, modern 2 b/r home, studio/bungalow. Extensive lockable shedding incl machinery, workshop 5-bay garage. You will never pay another power or water bill. Solar power, wind power, diesel generator, 100 yr old cellar, + much more. $212,000. Ph: John, 03-5468-1193 after 6pm.

WONDERFUL LIFESTYLE OPPORTUNITY: Two homes, 3 ac, excel shedding, 3-phase power, perm crk, 9 Mlt water right, great soil, vegie garden, f/trees, chook & duck yards, swimming pool, fishing, boating, bushwalking, birdwatching. Three mins Murray River, nestled within Barmah State Forest. Suit two families, B&B, ecotourism potential. Echuca/Moama 25 mins. $330,000. Ph: 03-5869-3358. www.australiarealty.com, Ref ID No G130060.

NOOJEE, 'DINGOES DEN', 1 hr drive from metro area, about 65 ha, forest rich with wildlife, springs, perm streams, 2 road frontages, bush tracks, splendid view of ranges, near Latrobe River, Telstra cable, power, water main, septic tank, school bus, 2 rooms old railway guard-van. $299,000. Ph/fax: Bozic, 03-9571-2470.

CHANGE OF ADDRESS
Please notify us of any change of contact details so we can redirect enquires. Call us on 03-5792-4000.

LAND AND MUDBRICK PACKAGE, 3 ac & 1500 mudbricks. Outskirts of historic Clunes, town water & power. $35,000. Ph: 03-5472-5185.

THE HERBARIUM, a 6 ac alternative lifestyle property with a Land for Wildlife classification. This unique property is well known & respected for its herbs. With over 150 different herbs, lush meadows of green & magnif stands of peppermint & stringybark eucalypts around the rear boundary, The Herbarium offers the best of both worlds. There are 2 quality dwellings on the property. The main dwelling is of solid brick construction & affords 3 b/rs, lge lounge/dining with both solid fuel wood fire & gas heating. The kitchen features ample cupboards, good bench space & a walk-in pantry. The second dwelling only 2 yrs old is currently used for tea rooms & office, but would ideally suit a B&B or a second residence for in-law accom. Other features incl excel outbuildings, ample water & only a short drive to the Gembrook township. Inspection is by appointment. For further details contact Alan Marks on 0418-339-090, or Stockdale & Leggo Emerald on 03-5968-3933. To learn more about the Herbarium's business the Internet site is: www.theherbarium.com.au

ELMHURST: PICTURESQUE, PEACEFUL, perfect, at the foot of the Pyrenees Ranges, in the heart of the Pyrenees & Grampians wine regions, just over 2 hrs from Melbourne, is 5 ac with Wimmera River frontage, town water, dam, tank, garbage collection, 3-phase power. Comprising a 2 ac paddock suitable for livestock with a spring-fed dam & set amidst 3 ac of parkland & landscaped gardens is a 29 sq B/V 4 b/r A/C Executive home, with spacious living areas, paved outdoor area, f/trees & vegie patch. Plus a 30 sq solid brick building, currently being run as a gallery; this has 2 kitchens, 2 toilets, laundry & bathroom. Easily convert to a 2nd home, restaurant or accom. Walk to primary school, health centre, shop, pub & golf course. Lifestyle with income $590,000. Ph: 03-5354-8247, or 03-5354-8450.

WOOLSHED VALLEY NEAR BEECHWORTH, 30 ac bush, fronts perm creek, backs nat pk. $75,000. Ph: 03-5472-2960.

TASMANIA

JACKEYS MARSH, CENTRAL NORTH, TASMANIA: Idyllic, secluded, mtn retreat, magic World Heritage views, 73 ac, 10 pasture, remainder r/forest, eucalypt & wattle, delightful fern glade. Abundant, reliable, pristine water, 6 streams. Two dwellings, simple & sound, 4 outbuildings. Good soils, managed organically. Ideal hydro power site, ph. One hr Launceston/Devonport, 24 km sth of Deloraine in Great Western Tiers. All-weather access. Rare opportunity. $160,000. Enquiries: ph/fax: 03-6368-1343.
Email: andrewricketts@keypoint.com.au

All ads on these pages are accepted at the discretion of the publishers.

GRASSIFIEDS

PROPERTY FOR SALE

WESTERN AUSTRALIA

PEMBERTON, BEAUTIFUL 25 ac block nestled in superb old-growth karri forest adj to nat pk, in the heart of scenic Karri Valley, serene, private. Rammed-earth home, shed, cottage, dam, bitumen frontage. Potential for chalets, nature-based tourism. $295,000 ONO. Ph: 08-9384-3756.

BUSSELTON, 34 ac bushed block. Close to beaches, school, shops, yet very peaceful. $198,500. Ph: 0428-546-648. Website: www.Owner.com.au Property #4017.

FOR RENT/CARETAKER WANTED

RENOVATED WEATHERBOARD CHURCH near state forest & river, rural Victoria. Prefer keen gardeners, last tenants a mistake! Cats/dogs OK, no chickens. Will improve property to right tenants. A lovely home! Ph: 0409-586-288. References req.

'CAMOMILE COTTAGE' to rent, $165 per week. Two b/r cottage in picturesque Lillian Rock, northern NSW. Abundant wildlife, no dogs or cats. References req. Please ph Dianne, 02-6689-7237, or Sam, 07-5545-3441.

FREE SITE AVAILABLE exchange 5 hours work per wk for quiet n/s person, on property near Rockhampton. Opportunity to develop organic garden and orchard or share work share profit arrangement. Please ph Vivianne on 0427-200-402.

FREE ACCOMMODATION (CARAVAN) – and meals if required – in return for a bit of help with nursery. I'm vegetarian & am looking for someone who is OK with bush living, solar power, dirt roads, dogs, n/drugs & would like to learn about growing plants, seed saving, bush revegetation & more. Great area, terrific people! Ph: Terry 03-5790-8635 or email: 2frews@mcmedia.com.au

OPPORTUNITIES

EARN MONEY FROM HOME. Work smarter not harder. Call 02-8230-0913 (24 hrs), or visit: www.hereisyoursuccess.com

COMMUNITY SHARES

WILDLIFE PROTECTORS needed in new rural land sharing co-op: 'Nandiri'. Thirty shares at $20,000, half ha each, bordering Goolawah land sharing co-op & Limeburners Wilderness area. Five km inland from deserted beaches, 20 km south of Crescent Head, north of Port Macquarie. People interested in permaculture, arts, music, bushwalking and/or experienced in road building, co-op management, native plant regeneration, water/soil/air purification, quarry management, heavy machinery maintenance & living together with mutual respect. First budget will include – land purchase, road building machinery, machinery shed with tank, Lister diesel, solar array, community meeting house with primitive camping permit, fortress garden, wildlife rescue & research station, internal roads, co-op set-up, advertising, DA & legals. It is envisaged that while building internal roads the quarry section would be sculpted to form 30 blocks looking north, east, west, below the community buildings on top of the hill. The DA could take 5 years but a primitive camping permit would allow us to work & play. No cats, dogs, cloven-footed animals, biological plant menace. Road contributions to Kempsey shire between $3500 & $13,800 after personal building application. Ph: Tony, 02-6566-0890, or Greg, 02-6653-4601.

SHARE WITH HOUSE in estab MO community of 4 households, 140 ac, 35 mins from Bega. Organic garden, orchard, poultry, milking goats, beef cattle, VCA, crk & forest. School bus to gate. Option to rent before buying. Approx $120,000. Ph: 02-6493-2032, or 02-6493-2019.

PLACING AN AD?
See page 75 for details

PROPERTY WANTED

NIMBIN AREA: 3 to 10 ac with a house on it. Freehold or a community with a strata title. Ph: Fiona, 02-6689-1830.

YOUNG FAMILY FOREVER 'to date' have been residents of Sunshine Coast (caretaking properties). Best examples of morals & values. Genuinely in need of a place to call ours. All honest offers of long-term owner finance (have deposit) from the heart considered. All areas from Maryborough to Glass House Mountains, Qld. Ph: 07-5492-9077.

NEAR WYNDHAM, ROCKY HALL, Burragate or nearby areas, 50 to 100 ac or thereabouts. Would like crk or river access. Dwelling or cabin OK. Ph: Walt, 0403-266-532, or email: spenkins@webone.com.au

FOR SALE

$PECIAL OPPORTUNITY: Automatic concrete building blocks maker, easily operated by 2, can spit out 100 blocks per hr for less than ⅓ cost of buying same bricks, avail for $6K ONO. Ph: 02-6796-2204, or mandelsloh@hotmail.com for details.

'GRASS ROOTS' 7 – 76 in binders, plus 20 others. *Early Years*, *Family Book*, *Bumper Book*, *Earth Builder's Companion*. $400 + post. Ph: 03-5634-8305.

ESSENTIAL EDUCATIONAL RESOURCE: Learn what government, media, schools won't tell you. Introduction to Universal Birthrights, culture, British/Celtic history, Monarch, Sovereignty, Parliament, Constitutions, Wars, United Nations, Human Rights, Freewill. Twin CDs, 160 mins, $35 posted. Gary Friend, PO Box 747, GATTON COLLEGE 4345.

BUSINESS FOR SALE

ULYSSES COTTON & HEMP, Broome. Need a change of lifestyle? Retail store in heart of Chinatown, 3 yrs trade, good growth, easy to operate, be your own boss. Clothing, bed linen, cosmetics etc. Organic cotton range due this summer. $60,000 WIWO. Ph: 08-9193-6888.

WANTED TO RENT/CARETAKE

BUSH BLOCK IN VICTORIA wanted to rent, with good camp sites & land & water for vegies & cash crops. No open fires in summer. Owner welcome to visit. Up to $50 per week and/or work on the block offered. Ph: Mike: 03-9882-4524.

PUTTING DOWN GR ROOTS: Can you help us achieve our next goal? After 2 years of travelling, my children & I have nearly completed an around-Australia trip. We are returning to Qld in October 2003. Looking for a rent/buy or caretaking position. Seeking sml acreage, possibly semi-estab with shed & some improvements, with potential for future B&B business. Close (or bus) to primary/high schools. Is council eco-friendly? Eg: strawbale, composting loo. Will need paid work (chef), hardworker, fast learner, n/s, clean & simple living. Due to child access arrangements & being mad keen surfers, prefer near Gold/Sunshine Coast. Any offers? Please write to Caroline Dalgleish, PO Box 8337, GOLD COAST MAIL CENTRE, Qld 9726. Email: aroundoz@hotmail.com

BUSINESS OPPORTUNITIES

ENVIRONMENTALLY FRIENDLY TEA TREE products, simplest plan, minimal cost, no inventory, no collecting & no delivering. Ph: Nicole, 07-4956-1416.

HOME BUSINESS OPPORTUNITY. Start your own catalogue shopping business. Exceptional quality, wholesale prices & a 100% satisfaction guarantee on all products. Very low start-up cost – $49. Full training via website & ph. See website for details:
http://onehomebiz.com/team/steadybiz or email me at: m10brink@ozemail.com.au

PUBLICATIONS

SUPPRESSED & UNUSUAL TECHNOLOGIES CATALOGUE: Free energy devices, antigravity, hydrogen fuel, magnetic motors, alternate fuels & engines, high mileage, 200+ topics. Send 5 x Aust 50 c stamps to: Lostech Archive, PO Box 456-R, TOLGA, Qld 4882, Aust.

GRASSIFIEDS

PUBLICATIONS

ORGANIC HAPPY HEALTHY CHOOKS, *Natural Backyard Chook Keeping.* Everything you need to know about chooks, $25 + $5 p&h. Jade Woodhouse, 413 Highlands Rd, EUDLO, Qld 4554. Ph: 07-5445-9034. Website: www.simplynaturalorganic.com

'GRASS ROOTS': 10 – 16, 18 – 59, 61 – 92, 98, 115, 117, 118, 121, in 9 folders. $360. Ph: 03-5468-1193.

'THE MIRACLE OF MULCH' by Mary Horsfall: Everything you need to know about mulch to save water, save money, improve soil & have a healthy, lush, productive garden. $20 for signed copy from author, incl postage. Ph: 0417-569-411, or write to: Notable Products, PO Box 101, EUROA 3666.

'STEPPING STONES FOR HOME EDUCATORS' is an excellent 40 page quarterly designed to inform & inspire homeschoolers across Australia. Published since 1995. $8 single, $30 for 4 to: Grace Chapman, MS 1877, MALANDA, Qld 4885.

HOMESCHOOLING? The book, *A Steiner Homeschool?* contains advice on creativity, bureaucracy, discipline, programming, curriculum and more. Send $14 (Visa/Mast, cheque, money order) to: Alan Whitehead, Box 329, BLACKHEATH 2785.
www.users.bigpond.com/goldenbeetlebooks/

BOOKS, NEW AND OLD. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

HOME EDUCATION, for info send SAE to: Alternative Education Resource Group, PO Box 461, DAYLESFORD 3460.

'NIMBIN NEWS MAGAZINE', is a cooperatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestylers & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 issues for $20, sample $3.50. Back copies 5 for $12 posted. PO Box 209, NIMBIN 2480.

ATTENTION GRASSIFIED ADVERTISERS

- For best results state your requirements clearly and succinctly, but avoid racist, sexist and offensive language.
- Get ads in early so we have time to contact you to clarify any questions which may arise.
- Neat printing is essential so we can print your ad correctly.
- Let us know if you change your contact details after placing your ad.

DEADLINES: GR 159 – 29 AUGUST
GR 160 – 31 OCTOBER

'NATIVE STINGLESS BEES' for profit or pleasure – how to get started, pollination/honey potential in Qld. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 50 c stamp to: ANBRC, Box 74-G4, NORTH RICHMOND, NSW 2754.

'NEW VEGETARIAN & NATURAL HEALTH', the magazine of the Natural Health & Vegetarian societies. Subscribe today, $30 yearly, and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 02-4721-5068.

FOOD & KITCHEN

QUALITY GRAINMILL AND JUICER PRODUCTS. See our manual st/steel juicers & our combined juicer/grainmill for survival situations with no electricity. LB Healing Products, ph: 1800-025-005. www.jucers.com

HOME STONE FLOUR MILLS – mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome. Website: www.retsel.com.au

STONEGROUND FLOUR in-home, with a SCHNITZER German quality hand or electric stone mill, 6 models from $178. SCHNITZER MILLS, 420 Freemantle Rd, Bathurst 2795. Ph: 02-6336-9100, www.schnitzer.com.au

WANTED

SUGAR BEET SEED wanted. Please contact: John Wright, PO Box 184, MARYBOROUGH 3465. Ph: 0438-438-639.

BOOKS AND INFORMATION ON RAISING HOMESTEAD PIGS. Please contact: John Wright, PO Box 184, MARYBOROUGH 3465. Ph: 0438-438-639.

TRACTOR TYRE/TYRES, rear, 13-50 x 28. Ph: 03-5797-6395. Email: suevor@bigpond.com.

GRASS ROOTS issue No 9 with dome house on cover. Ph: Danielle 0422-745-958.

GARDEN & ORCHARD

GINKGO BILOBA, from $1.10 per seedling, minimum 50, + p&h. Ph: 03-5154-1477.

BAMBOO PLANTS, lge range, best prices. Ph: 07-4129-4470, fax: 07-4129-0130.

SHEEN FLAMEGUN 'X 300', as new, less than one hrs use. New price $355, asking $250. Ph: 03-5790-8619.

PAULOWNIA TREES for timber/beautification, investment. Grow these majestic trees from root cuttings. Buy now, plant within 3 months. 50 best stock root cuttings $240, incl detailed cultural notes. Gardening Shop, 31A Swinton Ave, KEW, Vic 3101 (mail order only).

'BUSHTUCKER IN YOUR BACKYARD': A guide to growing over 50 native Australian vegetables. Includes 3 packets of seed. Send $25 to: D P Mather, PO Box 224, BLACK ROCK 3193. www.expage.com/bushfood

WORM FARMS, DIY ideal for sml & lge holdings, using recycled materials. Make your own vermicast & fertiliser. Easy instructions. Cheque or postal note $35, incl worms. Lynne Anderson, 'Lazy Acres', MURPHYS CREEK, Qld 4352.

BOB MAGNUS'S FRUIT TREES: Please send 3 x 50 c stamps for my 2003 list of: dwarf apple trees, apricots, plums, nectarines, pears, quinces, cherries, crab apples & hazel nuts. Bob Magnus, WOODBRIDGE, Tas 7162.

COMPANION PLANTING CHART: over 90 vegetables, herbs and fruits, including plants as insect repellents. Sow When Chart: suggested sowing times for 100 vegetables, herbs and flowers. Mail order $8 each + $4 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

MISCELLANEOUS

THE PERFECT ACCOMMODATION and storage solution: 20' & 40' insulated shipping containers; Brisbane's best prices. Ph: 07-3283-3954, 0403-167-941.

TEEPEES, VIKING TENTS, medieval tents, swags, buckskin clothing. Seventeen years experience. BOJO Products, PO Box 112, AVENEL 3664. Ph: 0412-368-034, 03-5796-2753 AH. Email: bojo_products@hotmail.com Website: www.frojel.com/members/bojo

HOW TO MAKE MONEY selling & making chess pieces, bird baths, fine art, gnomes etc. Plaster and/or cement moulds. For methods & catalogue send $14.95 to: Williams Imports, PO Box 989, SOUTHPORT 4215 (06/50 Railway St). Ph/fax: 07-5532-9050. Website: www.supermoulds.com.au

HEALTH & BEAUTY

MOON PADS™ cloth menstrual pads and THE KEEPER® menstrual cup: Earth-friendly, sustainable, reusable products, good for your purse, your health & our environment. Visit www.moonpads.com.au or send SSAE to Moon Pads, PO Box 118, SANDY BAY, Tas 7006.

NO ENDORSEMENT

Grassifieds are accepted in good faith, however, Grass Roots Publishing P/L does not necessarily endorse products and services advertised herein.

GRASSIFIEDS

GARDEN & ORCHARD

RAINFOREST SEED COLLECTORS national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs $20, concession $10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233.

LIVESTOCK

LARGE BLACK PIGS: Sale of pregnant sows. This rare breed of docile & hardy grazing pig is easy on fences & pasture. Dispersal of 5 bloodlines of registered & unregistered sows, boars & gilts. Ph: Sue or Don, 03-5768-2225, Benalla, Vic.

BROWN CHINESE GEESE: A family of 3 males & 2 females in excel condition. Buy 5 & get 1 free. $250. Ph: Sue or Don, 03-5768-2225, Benalla, Vic.

SERVICES OFFERED

HOME PLANS: *The Earth Builders Plan Catalogue* (180 pages), incl: 92 plans for handcrafted buildings (83 homes & 9 workshops, cabin & c/port) of mudbrick, rammed earth, stone, pole frame, timber, poured earth & strawbale (with construction details). A working drawing of a small loft home is also incl (11 x A3 sheets). Mail $95 (postage has been incl) to: John Barton Building Design, 89 Camden Rd, Newtown (Geelong), Vic 3220, or ph: 03-5222-5774 with credit card details. Money orders & cheques accepted. Free brochure avail. Individual home plans drafted & documented. Email: jbarton@pipeline.com.au

NEED MORE TIME in your day? About Time! will assist in creating that time. We'll shop, clean, search. We'll take care of those things you never get to, or want to do. Currently servicing Brisbane only. Ph: 0438-881-824. Email: abouttime9@ozemail.com.au

SELF-SUFFICIENCY course for people thinking of making the change. The more you know the easier it will be. Fee incl food, accom & some sightseeing. $500 per week. Ph: (Woolgoolga) 02-6654-2886.

RONITA, INDIAN CLAIRVOYANT, $35 for 15 mins (credit cards). Ph: 03-5176-2521, or 1902-213-221 from 11am – 8pm. Online secure payments. Website: www.ronitapsychic.com

COURSES

ONE-DAY WATER SELF-SUFFICIENCY COURSE. Talker: Scott McFarlane, water engineer. Topics: r/water tanks, water conservation, greywater reuse, compost toilets. Location: CERES, Lee St, Brunswick East. Times: 10am – 5pm, 1st Sunday of each month. Booking: 03-5175-0895, mcfarlanes@netspace.net.au

CORRESPONDENCE PROGRAMS: Aromatherapy Dip, Vitamin & Nutrition Therapy Dip, Animal Therapies (The Green Vet), Herbal Therapies, Folk Medicine, Psychic Healing, Celtic Wicca, Psychic Development. Free brochure from: Wiccan Home Studies (estab 25 yrs), The Friendly School, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166. Email: owlhome@ozemail.com.au

BENDIGO COMMUNITY PERMACULTURE DESIGN COURSE. The Gravel Hill Gardens presents Australia's newest PDC in October 2003, featuring David Holmgren presenting his revised principles alongside experienced local permaculturalists. More info, ph: 0419-472-835 or 03-5442-7699. www.permaculture.biz/salvosPDC

PERMACULTURE DESIGN COURSES with Rick & Naomi Coleman, Southern Cross Permaculture Institute. Next course 14 – 29 November, 2003. Call Naomi: 03-5664-3301 for info or email: scpi@tpg.com.au Website: www.southerncrosspermaculture.com.au

PLACING AN AD?
See page 75 for details

HANDCRAFTS

STRANDED COTTON BUNDLES, 100 x 8 m skeins, 50 colours – $22 post free. Big bundles stranded cotton, 230 colours – $50 post free. Send 50 c stamp for list. ARTY & CRAFTY, PO Box 40, DAW PARK, SA 5041. Ph: 08-8277-3763, fax: 08-8277-9402.

WEAVING REEDS: 8, 10, 12, 15 dents per inch, 18" – 60" from $1.10 inch. Wire Heddles, 8½" long $29 per 500. Arty & Crafty 'see above'.

BEADS BEADS BEADS – unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Catalogue is $10 with samples. Please send payment to: Tsunami, PO Box 129, WALPOLE 6398.

CLUBS

NATIONAL ALLERGY ASSOCIATION of Australia (NAAA) and ECO-CHOICE (our mail-order store). Enquiries; information; clinics; membership & catalogue. Contact NAAA, PO Box 48, HARRIS PARK, NSW 2150. Ph: 0415-928-028. Email: naaaauz@yahoo.com

AFFILIATED DONKEY SOCIETIES OF AUSTRALIA. For info on membership, magazines and help avail write to Ms Ann Fletcher, 74 Bells Lane, KURMOND, NSW 2757. You will be contacted by the representative in your state.

HOLIDAYS

FINCH HATTON GORGE, Eungella Nat Pk Qld. Platypus bush camp, camping & tree huts, great walking area, the alternative holiday. Ph: 07-4958-3204. Website: www.bushcamp.net

TOOWOOMBA/SPRING BLUFF, Train carriage B&B on 30 peaceful ac, 5 mins from historical Spring Bluff Railway Station. Will sleep 6. Fridge & stove etc. Working chilli farm, lots of animals. Romantic getaway for 2. 'Lazy Acres' B&B, MURPHYS CREEK, Qld 4352. Ph: 07-4630-5142.

MORUYA – FAR SOUTH COAST NSW, bush cabins, romantic 1 b/r & family 2 b/rs. Big open fires. Horses, dogs welcome by arrangement. $350 pw, $140 per w/end. Ph: 02-4474-2542, 0427-199-156.

LAMINGTON GLEN RAINFOREST RETREAT, secluded self-contained cabin. Visit our award winning gardens, slab hut set in nature r/forest surrounding. Ph/fax: 07-5544-8166.

CALENDAR EVENTS

AGEING WITH PERMACULTURE workshop to take place at Welshmans Reef, Central Victoria on Sunday 21 September, 10am to 4pm. The workshop looks at the philosophy of permaculture from the perspective of the aged & not-so-aged & explores how it can enrich & sustain our bodies and spirits in our later years. This workshop brings new insights into a 'way' that has challenged & changed the lives of many young people, with some hands-on experience in utilising permaculture principles for a happier healthier old age. Details ph Eleanor: 03-5476-2239, or Johanna 03-5472-3390.

SCHOOL FAIR AND OPEN DAY, Little Yarra Steiner School, Little Yarra Rd, Yarra Junction, Yarra Valley, Victoria (Melway Map 288 H11). Sunday 26 October, 2003, 10am – 4pm. For any enquiries ph: 03-5967-1953 or email: office@lyss.vic.edu.au

SUNBURY REGION WINE FESTIVAL. New wine releases, dinners, luncheons & wine tasting. Try Melbourne's local wines from small, family run vineyards where you can meet the winemakers. 29 – 31 August, 2003. Accom: Sunbury Visitor Centre 03-9744-2291 or Melton Information Centre 03-9746-7290.

NORTHERN RIVERS HERB FESTIVAL. Focus on culinary uses of local native herbs. Cooking demos with Ward Gunn & Petar Illic. Andrew Fielke, one of Australia's leading native Australian cuisine chefs from SA, will host the inaugural Lemon Myrtle Recipe Cook-Off & Peter Howard will judge the Lemon Myrtle Recipe Bake-Off competition. Enter now to win $250! Saturday 16 & Sunday 17 August, 2003 at Riverside Park, Lismore NSW. For more info ph: 1300-369-795, or visit: www.herbfestival.org

2003 EJ BRADY SHORT STORY WRITING competition is a part of our spring celebration, Forests & Flowers, the first weekend in November. Contact Mallacoota Arts Council Inc, PO Box 201 MALLACOOTA 3892 for details & an entry form.

RARE BREEDS: keep 8 and 9 November free to attend the Rare Breeds Trust of Australia annual fundraiser at Macclesfield, Vic. See rare pigs, sheep, horses and poultry and listen to a range of speakers. More details next GR or contact Secretary RBTA Lot 20, Mt Blackwood Rd, MYRNIONG 3341. SAE please.

Can't find your back copies?

What you need is a binder to keep them in order!

Each binder is rich burgundy complemented by a white Grass Roots logo. Each one holds 10 issues. $15.80 plus $4 p&h.

See page 82 for order form.

CLUB DIRECTORY

★Promote your pure breed club or association. At present listing is restricted to pedigree farmstock groups so readers can find more out about the breeds they're interested in keeping. Contact us if you want to list your group – it's only $65 per year.★

The Leghorn Club of Australia (Inc)

'One of the most attractive breeds'

Hon Sec: Ken Bergin,
PO Box 5, Summer Hill 2130.
Ph: 02-9799-6283

Araucana Club of Australia

The Blue Egg Layer

Information, send SSAE
Bruce Pattinson,
PO Box 228, NORTH RICHMOND 2754.

Your Breed Could Feature Here

$65 per year

ENGLISH LEICESTER
A HERITAGE BREED
Association of Australia Inc

Lustrous Luxurious Longwool

Sec: Marg Kingman,
40 Clark Rd, Tynong Nth 3813.
Ph: 03-5942-8367
Fax: 03-5942-8592
Website: www.ballaratweb.net/elaa/

Ryeland

Sheepbreeders Association of Australia

Specialist Meat Breed

Sec: Mrs B Burgin
Ph: 03-5572-2210

Perendales

The original easy care sheep.
Dual purpose Perendales.
Bright, active personality sheep.

The Australian Perendale Association,
RMB 1476,
Mansfield 3722.
Ph: 03-5777-3670

The Brahma Club of Australia

Help conserve this breed of fowl

Sec: Carol Abuid,
PO Box 100, Maldon 3463.
Ph/fax: 03-5476-2758

The Versatile Money Maker

Romney

'No better wet country breed'

Australian Romney Association
Sec: Jacque Carr
Ph: 03-9428-4384

DEXTERS

Hardy, Small, Dual Purpose
Heritage Irish Cattle
Ideal for small acreages,
House cows and Permaculture.

For information and local breeders contact
The Victorian Dexter Group.
President: Michael Schryver
Ph: 03-5797-8328

Australian Dorset Horn Association

Sec: Jacque Carr
Ph: 03-9428-4384
dorsethorn@mcarch.com.au

HERITAGE SHEEP AUSTRALIA

'Saving the breeds that were the foundation of our sheep and wool industry.'

For information contact:
Jacque Carr
Ph: 03-9428-4384

BREEDER LISTING

★ Promote your pure breed of cattle, sheep, goat, pig, alpaca or poultry by letting readers know where you are and where you can be contacted. Take out a year's listing for $65 or try our special offer of two listings for $25. ★

Tranquil Mountain Alpacas

Affordable quality animals, for breeding or as pets.

Environmentally friendly, gentle, easy to handle and care for. Use fleece for spinning, weaving & knitting.

Karin Samson,
Boonah, Qld 4310.
Ph/Fax: 07-5463-5019
samson@hypermax.net.au

Your Breed Could Feature Here

$65 per year

Arlington *Piebald Sheep*

Breeding for soft high quality wool and gorgeous rare blue eyes.

Sheep and fleece available.

James Matts & Pam Armstrong,
Arlington Rd, Gympie, Qld 4570.
Ph: 07-5481-1902
0401-677-006

Ostlers Hill
ENGLISH LEICESTER
Reg stud since 1984

'The Lustrous Longwool'
Superb fleeces & skins
Knitting yarn available
Spinning, weaving, doll's wigs, bears.

Ethel Stephenson,
508 Quinn Rd, Goorambat 3725.
Ph/fax: 03-5764-1298

'Promoting Heritage Sheep'

Welsh Black

Dual purpose with emphasis on beef production.

Docile, Hardy, Ease of Calving.

Rare Breed

Contact A & J Dawe
Ph: 03-5423-4194

Khayamandi Miniatures

Miniature & Small Cattle
Ideal for the small landholder
No Shearing
No Hoof-Trimming
Milk, Meat or Pets

Geoff & Trish Gibbs
Ph: 08-9731-8068

Your Breed Could Feature Here

$65 per year

HAMPSHIRE DOWNS

Easy care shortwool sheep. Suitable for smallholdings.
Rams excellent terminal sires for Prime Lamb Production. Lambs lean, high growth, rapid maturity.
Enquiries: Frances & Neil Murray, 'Maranoa', Nagambie 3608.
Ph: 03-5794-2515
Fax: 03-5794-1498

ENGLISH LEICESTER

Heritage Breed Sheep

Quality animals and fleece available

Margaret Kingman
Ph: 03-5942-8367
Email: kingman@nex.net.au

JAROB FARM

English Leicester & Black & Coloured Sheep

Sheepskin products
5 and 8 ply natural yarn

Amphitheatre, 3468.
Ph: 03-5466-2317
www.woolcottage.com.au

Melanda Park
Coloured Merinos

Specialising in Moorits.
Spinning fleeces and sheep for sale.

Kempsey, NSW.
Ph: 02-6561-7183
www.melandapark.com

Large Black PIGS

A rare breed needing preservation

Sue Matheson, Samaria Farm,
RMB 1687, Samaria Rd,
Benalla 3673.
Ph: 03-5768-2225
Fax: 03-5768-2526
Email: smatheso@benalla.net.au

Your Breed Could Feature Here

$65 per year

AUSTRALIAN HERITAGE FARM

Chicks & eggs from rare breeds of fowl & waterfowl.

Ph: 03-5473-3491
Lot 13, Read St, Elphinstone 3448.
Website: http://rarepoultry.net

Your Breed Could Feature Here

$65 per year

Your Breed Could Feature Here

$65 per year

CHICKS

Light Sussex
Australorp
Rhode Island Red
Barnevelder
Welsummer & More

Settings, vaccinated Marek's

B Young,
'Tallowood', Henty 2658.
Ph: 02-6929-3497

Your Breed Could Feature Here

$65 per year

GARWOOD'S PHEASANT PARK, QLD

Pheasants, Partridges, Quails and more.

By appointment only

Ph/Fax: 07-3886-7544
Mobile: 0419-799-760
Email: rayphyl@bigpond.com.au

Subscribe to *Grass Roots*

Your Ticket to Peace and Freedom

- ☐ Australia, one year, $36.30 (incl P&H & GST)
- ☐ Australia, two years, $72.60 (incl P&H & GST)
- ☐ Overseas, one year, A$50.00 (Bank draft/credit card only)

*** SUBSCRIPTION AND BACK ISSUES INCLUDE POSTAGE AND HANDLING.***

Please start my sub from issue number .....

Name:.....

Address:.....

.....

.....Post Code.....

Ph:(day) (.....).....

Email:.....

Credit Card(tick):☐ Visa ☐ Mastercard ☐ Bankcard

N° ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐

Expiry Date: __/__ Signature: _____

Subscription incl P&H $.....

Back issues @ $5.00ea $.....

Note: issues 1 – 18 & 66 are no longer available.

N^{os}:.....

Total price of books $.....
(Books only)
Postage and handling $.....

Total enclosed $.....

Grass Roots Books

Tick the appropriate boxes. Add postage and handling costs for books from the chart below.

☐	Organic Guide to Australia – Wendy Seabrook. Cafes, greengrocers & home delivery.	$19.95
☐	The Healthy Cat – Madeleine Wright. Keep moggy happy using natural methods.	$16.50
☐	Going Tropical – Ron Edwards. Northbound survival guide. (Incl tropical fruit varieties.)	$16.45
☐	Your First Pony – Beverley Heselton. A must for the young rider.	$16.50
☐	Country Scents – Alan Hayes. Make your own cosmetics at home.	$10.95
☐	The Bullock Driver's Handbook – Arthur Cannon. Pioneer skills for sustainable living.	$16.45
☐	Grass Roots Livestock Index.	$5.50
☐	Binders for Grass Roots. Keep your precious collection together.	$15.80

Postage and Handling, Books Only

Up to $25 – add $4 $50 – $80 – add $8
$25 – $50 – add $6 Over $80 – add $10

Within Australia. Overseas prices add 50%.

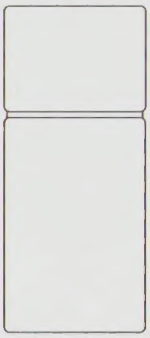
Post with cheque, money order or credit card details to:

Grass Roots, PO Box 117, Seymour 3661, Australia.

Current July, 2003. 4/55 Anzac Ave, Seymour

LP GAS REFRIGERATORS
LP GAS CHEST FREEZERS
12V/24V CHEST FREEZERS

Modern Economical Appliances Designed for Alternative Energy Application.



Consul
230-litre 2-door LP Gas Refrigerator / Freezer

Frostek
160- and 240-litre LP Gas Chest Freezers

160-litre 12V Sundanze Freezers

VIC: DP Refrigeration, Melbourne 03-9437-0737
3 Contour Close, Research 3095
NSW: Gas & Domestic Refrigeration, Sydney
02-9681-4365
QLD: Gas & Portable Refrigeration, Burleigh Heads
07-5593-4066

HERE'S HOW TO

- **Save water**
- **Save money**
- **Preserve your environment**
- **DIY install and maintain**

Approved models available all States

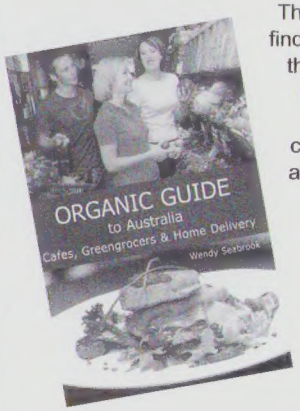
EcoLet ® and Clivus Multrum™
WATERLESS TOILETS

Visit website or contact us for info and distributors.

Please send FREE 15 PAGE BOOKLET to:
Name _____
Address _____
_____ Postcode _____
Phone _____ GR

CLIVUS MULTRUM AUSTRALIA
Ph 07-3889-6144 Fax 07-3889-6149
PO Box 126, Strathpine Qld 4500
Email: info@clivusmultrum.com.au
Website: www.clivusmultrum.com.au

ORGANIC GUIDE
to Australia
Cafes, Greengrocers & Home Delivery



This indispensable guide to finding delicious, healthy food throughout Australia has a comprehensive listing of organic and biodynamic cafes, restaurants, retailers and home delivery services.

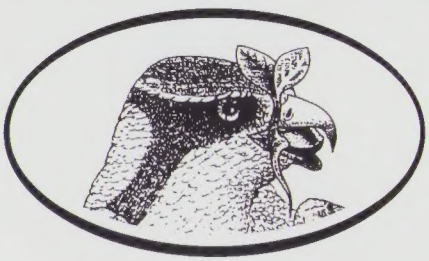
Use it to plan shopping trips, order fresh organic fruit and vegetables, or try new restaurants and cafes serving innovative organic cuisine. It's perfect for travellers, too.

Once you start using this guide, you'll wonder how you lived without it!

Only $19.95

See page 82 for ordering details

PHOENIX SEEDS



Common & Unusual Vegetables

Culinary & Medicinal Herbs

Cottage Garden & Modern Cut Flowers

Utilitarian & Ornamental Trees

Current **mail order catalogue** is available now - **free**. A copy will be posted if you send your full name & address to:

Phoenix Seeds, PO Box 207, SNUG 7054.
Ph: 03-6267-9663
Channel Hwy, Lower Snug 7150

ISSN 0310-2890
04
9 770310 289013